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1953

# HERBAL CATALOG





# CIRCULARS, PAMPHLETS AND BOOKS

By Indiana Botanic Gardens

**HERBALIST.** Herbs of the Ages are incorporated in this 400-page book. Contains 288 colored pictures and over 300 black and white illustrations of plants. Price, \$1.00 per copy.

**HERBALIST ALMANAC.** Published yearly. Contains calendar, weather forecasts and a wealth of miscellaneous material on herbs, cooking recipes, garden and farm aids, etc. This valuable pamphlet is sent free to our customers. Get your name on our mailing list by ordering from this catalog. You will be delighted with the quality of our products.

## FREE CIRCULARS

**BOOK LIST.** Contains a variety of subjects on Health, Nature, Botany, Gardens, Cook books, etc.

**COOKING WITH HERBS.** Chart showing how to flavor foods with herbs.

**SEEDS for planting.** Contains list of seeds of culinary herbs, medicinal herbs, Old Fashioned flowers, Honey Bee plants, Sacred plants.

**BOTANICAL SPICES, AND GUMS FROM THE WORLD OVER.** Interesting facts, uses, recipes, etc. of 62 different items with many illustrations of plants. This appeared in 1948 Almanac. Copies still available.

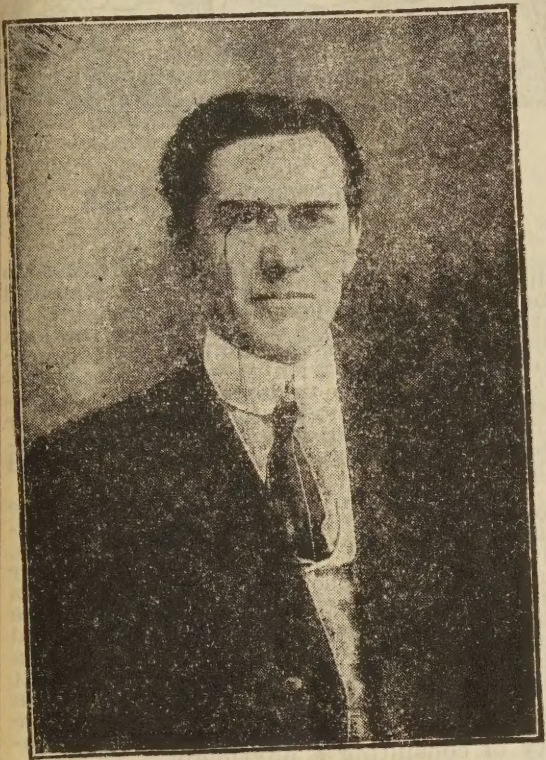
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INDIANA BOTANIC GARDENS



## WHY USE CHEMICAL DRUGS

When nature in her wisdom and beneficence offers you valuable botanicals from her great vegetable laboratories—the fields and forests?



*Joseph E. Meyer*

Founder of Indiana  
Botanic Gardens



See that the above Trade Mark is on every package of botanicals you purchase. It is a guarantee of the purity and quality of all preparations.



## OUR ANCESTORS USED HERB MEDICINES

It is not our purpose, in offering to the public the various herbs and prepared medicines mentioned in this booklet, to attempt treatment of the more serious diseases which afflict mankind or to enter into competition with the medical profession. Nor do we undertake here or elsewhere to diagnose and prescribe for human ills, since diagnosis and prescription belong exclusively to the licensed physician.

What we really are trying to do, on the contrary, is to supply the public with reliable vegetables and botanical drugs either separately in their crude state or in a variety of products which represents different combinations of herbs, for those common and less serious ailments and conditions which the average person should be able to understand and treat himself in his own home those common conditions for which home medicines are usually held effective without the necessity of consulting a physician.

We are not authorized, nor is any firm permitted to answer questions, give opinions, medical advice, or select herbs for people on their telling us their ailments.

For this reason we are not allowed to answer questions pertaining to medical advice, opinions or selecting for the purchaser the products we may deem suited for their described conditions.

Our products are sold solely on the representations made for them in this and our other publications.

Thus it will be seen that our service is not intended to take the place of or overlap that supplied by the medical profession. Rather is our service supplemental or complementary to that which the trained physician alone can give. Let us repeat and emphasize, therefore, that we are not trying to practice medicine, directly or indirectly, but merely offering what may be described as a line of household remedies, or the crude herbs from which those remedies may be prepared by the purchaser himself, for those lesser ailments which are so commonly associ-



ated with every-day life and household requirements.

If we are suspected of being a bit old-fashioned, we shall readily concede the point, for we freely admit a leaning toward those vegetable and botanical drugs which our forefathers used with so much satisfaction through many generations in the relief of the conditions in which we now offer them. To us it seems clear that, in the quest for the new and different or modern, much of real value has been sacrificed. We believe that, in the substitution of chemical and synthetic drugs for the natural vegetable and botanical drugs whose use goes back to the dim shadows of antiquity, we have gone altogether too far and paid altogether too much for the doubtful advantage of effecting a change and getting something different.

But, though we have firmly adhered to the natural products of soil or forest, in preference to those developed in the laboratories of man, we have spared no trouble or expense to avail ourselves of every improved method for treating and preserving those botanical drugs or supplying them in prepared form for ready use in the conditions for which they may be indicated. The result is that our improved methods for preserving or combining these botanical drugs, with a minimum of loss in their natural strength in crude or original state, have increased the medicinal powers and possibilities of those drugs and the products compounded from them. Though we employ substantially the same botanical drugs that have been in common use since time immemorial, we have profited in our methods of handling those drugs from the experience of others as well as from our own experimental work and observation. While we offer you what may be old in substance, for nature is consistent and constant, we present it in such improved condition and form as reflect the best in current thought.

It is because of these policies and beliefs, upon which this business was founded and has been consistently maintained through many years, that we solicit your patronage.

Yours for the best in botanical drugs,  
**INDIANA BOTANIC GARDENS.**

LAXATIVE SUGAR WAFERS

No. 176

A very mild and pleasant candy laxative, especially valuable for children and persons with weak stomachs. Contains no bitter substance of any kind. Tastes like a sugar wafer.  
Price 25c.



## CONSTIPATION

Most people have a general idea of the necessity of keeping the bowels open and active, but few fully realize how important that really is.

If the bowels function properly and promptly expel from the body the waste matter remaining after the nutritive portions or elements of the food have been extracted and absorbed, those waste products will have no time to develop by-products and do harm. But when waste matter remains too long in the bowel tract, trouble is brewing. Then it is that gases or impurities develop in this residue and eventually find their way into the blood stream.

Such bowel sluggishness, if neglected or allowed to persist, may have other serious consequences. In nature's scheme or system for eliminating waste products of the body, the bowels are assigned heavy duties, but other organs also have important eliminative work to do. In this connection the part played by the urine is at least equal to that of the bowels, while the pores of the skin and the lungs also assist in this work of elimination.

Now when all these organs of elimination are functioning properly and each is doing the particular part assigned to it by nature, the important work of elimination is being well done. In such favorable conditions the menace of constipation is controlled and the danger of faulty elimination removed. And this obviously goes far toward the daily fitness and general well-being of the happy individual who is fortunate enough to have a full measure of elimination.

But when the bowels become and remain sluggish, they throw an added burden upon the other organs of elimination, for nature seeks to carry on the vital work of elimination in some way. This may mean that relief will call not only for a laxative medicine to promote bowel action, but a diuretic medicine to stimulate the flow of urine, so as to improve elimination through bowels and kidneys. This condition also may indicate use of a good diaphoretic medicine, to open the pores of the skin and assist elimination in that way. As a matter of fact, the eliminative work of our skin pores is far heavier and more important than many of us fully realize.

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### LAXATIVE SUGAR WAFERS

#### No. 176

A very mild and pleasant candy laxative, especially valuable for children and persons with weak stomachs. Contains no bitter substance of any kind. Tastes like a sugar wafer.

Price 35c.

## **BLACK JACK POWDER**

**No. 789**

This preparation is of excellent service in constipation arising from bowel inactivity. It is composed of Mayapple, Sacred Bark, Culvers Root, Sulphur, Licorice, Rocky Mountain Grape Root.

Directions—Dose one-half to one teaspoonful upon retiring at night. This powder may be taken with honey or milk, tea, coffee, or anything desired to make it more palatable.

Price 50c per box.

## **SUN RIPENED SENNA PODS**

### **Tasteless Laxative for Children and Adults**

Far south of the Nubian Desert in the Anglo-Egyptian Sudan by the aid of camel caravans comes to us this Tasteless Natural Laxative: SUN RIPENED SENNA PODS.

These are entirely different from the ordinary Alexandria or Tinnvelly Senna Pods. Their action is different and not only more effective, but of an entirely different nature. For the ordinary person, four or five pods placed in a cup of boiling water and drunk upon retiring at night is sufficient.

The herb tea made from these seed pods is almost entirely tasteless, and, therefore, will not nauseate even the most delicate stomach.

This herb tea is especially useful for children who often object to anything smacking of medicines. Honey, lemon, or orange juice may be added if desired.

Price 35c per box.

## **OLD SETTLER'S TEA**

**No. 790**

This is an old favorite. If you will judge this preparation by its ingredients, no more need be said of its value. However, its action on the bowels is so mild that even very sensitive persons can take it. It is comprised of the following roots and herbs: Turtlebloom, Licorice root, Althea, Cheeseplant, Rocky Mountain Grape, Liverwort, Bitter Sweet, Hops and Fennel Seed.

Price \$1.00 per box.

## **PODOPHYLLIN COMPOUND TABLETS**

**No. 556**

These tablets are as strong as is necessary to act upon a sluggish bowel. Dose—One tablet at bedtime.

Price 50c per box.

See page 96 for list of plain botanicals used as laxatives. All plain herbs sold in 35c and \$1.00 size boxes.

## CALUMET LAXATIVE No. 99

THOUSANDS OF UNSOLICITED LETTERS FROM PEOPLE IN ALL WALKS OF LIFE, PRAISE THE EFFECTIVENESS OF CALUMET LAXATIVE No. 99. These letters of praise are not surprising in view of the fact that the INGREDIENTS contained in this herbal compound have been USED for constipation for MANY CENTURIES—some botanicals have been used for MORE THAN 2000 YEARS! Generation after generation of people would not continue using botanicals that did not produce the desired results.

The effectiveness and popularity of Calumet Laxative No. 99 is also due to HIGH QUALITY BOTANICALS USED and method of BLENDING these INGREDIENTS.

Calumet Laxative No. 99 may be made to suit individual requirements and different ages. This compound is most effective taken just before retiring.

Sold in 50c and \$1.00 size packages. Tablet form 50c. (Herb or Tablets available in triple strength.)

### LETTERS PRAISE No. 99

GAS CAUSED BY CONSTIPATION. "I must tell you how good Calumet Laxative Tea is. I think it can't be beat for gas caused by constipation."—Mrs. G. B.

89 YEAR OLD CUSTOMER. "I'm 89 years old and am an old customer of yours. The No. 99 tablets have been a great help to me and I want some more of them."—Mrs. C. C. W.

SUFFERED FOR 14 YEARS. "I wish to thank you very much for rushing my last order, especially No. 99 Calumet Laxative Tea. I have suffered with constipation all my life and had acid-stomach distress as a result for 14 years. I heard of your wonderful herbs. I have been taking No. 99 Tea when needed. It has certainly helped me."—Miss R. F.

GIVES ONE A CLEAN FEELING. "No. 99 Laxative seems to thoroughly cleanse the pockets of the bowels of foul gases and refuse and gives me a free, clean feeling. It seems to remove all disagreeable bloating."—Mrs. C. B. E.

SO PLEASING IN ACTION. "We here have been using No. 99 Laxative. It's most wonderful. We've tried so many different ones but we think yours tops them all. It's so pleasing in action."—Mrs. K. H.



## 100 YEAR OLD LADY USES OUR LAXATIVE TEA No. 99

"I've been trying to recall how many years I have used your No. 99 Tea and other remedies. It must be about 20 years. Shortly after we became acquainted with No. 99 Tea I sent some to my Mother—she was so well pleased that she has used it ever since. Mother and my Sister—Mrs. H. W., with whom she makes her home, and I have all used the No. 99 Tea and your Eucamint ointment these many years, as well as many of your other products, and they are all wonderful.

"I am in my 79th year and my Sister is 75."—Writes Mrs. I.J.B., Hammond, Ind.

"I'll soon be 95 years old—and have taken your No. 99 Calumet Laxative Tea for nearly ten years. It is the best all around laxative for me. Please send me two packages as soon as you can."—Mrs. E.A.C., Oakland, Calif.

I have had acid-stomach trouble for 35 years and No. 99 Laxative Tea is the only relief I have ever found.—J.F.

*Wants all to try it.*—"I would like to state that I have found your No. 99 Laxative Tea one of my best medicines. I have given it to many and would like for all to try it and see the results from using it." Mrs. B.B., Atlanta, Georgia.

I am pleased to say that your No. 99 Laxative Tea has helped wonderfully. I couldn't eat anything but it hurt me because of constipation. Now I can eat anything I want to. Doesn't hurt me at all. My husband also is benefited by using No. 99. We think it is wonderful.—Mrs. L.M.

**Helped nausea and bloating due to acid-stomach caused by constipation.** "I am enclosing an order for another package of Calumet Herb Laxative Tea, which I have found has helped me wonderfully. I should like to have this sent out at once as I depend on this tea occasionally as I need it."—Mrs. M.H.McD., New London, Wis.



**NOT GENUINE** unless this trade mark is on the package. It is our guarantee of purity and quality. Calumet Laxative No. 99 is sold in tea form in 50c and \$1.00 size boxes. Tablet form 50c.

## VITAMOL WAFERS

No. 2033

These are one of our best laxative remedies. They will be especially effective if dissolved in slightly soured or buttermilk.

Vitamol Wafers are composed entirely of roots, moss, sea weed and certain parts of milk, grain and yeast. They contain no mineral drugs of any kind.

Their objective is twofold:

1. To provide additional food material from which the body may obtain accumulative nutritional influences of certain sub-nutritional food elements—vitamins and minerals and organic salts.

2. To stimulate the function of the bowels by which waste is eliminated.

Price 50c and \$2.00 size boxes.

## INDIGUM

Unlike most older types of laxatives which act by virtue of their ability to irritate, Indigum is a demulcent and mild mechanical stimulant. Its action depends principally on its property of absorbing and holding water, thereby furnishing a valuable source of bulk to the intestines. This makes it a mild mechanical stimulant aided by the lubricating properties of the mucilage which is formed by the absorption of water.

Indigum doesn't produce any noticeable harmful effects in most normal individuals. Its action isn't violent and it doesn't cause any profuse watery stools or upset stomach. Its action produces evacuations which appear to be more natural than from many other types of laxative. However, in cases of spastic constipation with abdominal pain or discomfort, bulk laxatives such as Indigum should not be used.

Indigum should be used as a vehicle in aiding to promote the habit of regularity of bowel movement.

Price—Put up in \$1.00 size boxes.

## LAXA-LORAIN

No. 1097

All vegetable laxative—LAXA-LORAIN. Its easy action relieves constipation pleasantly—though thoroughly and dependably. LAXA-LORAIN is a purely vegetable laxative—to relieve constipation without the usual griping, sickness and perturbing sensations. Its action is easy—dependable—thorough—always pleasing. You'll like it.

It's delicious for children and grown-ups; it contains honey, peanut butter, bran, psyllium seed and other mild acting ingredients—furnishes plenty of bulk and lubrication.

This is the type of laxative that is a pleasure to take.

No. 1097. Price \$1.00 per jar.

## MISERY OF PILES

Demineralized diet devoid of the coarse foods, our hastily eaten meals and lack of exercise, seem to be jointly responsible for a tendency toward constipation, which in turn apparently explains why the present generation is having so much trouble with Piles.

Of course, relief from constipation will bring some improvement in associated conditions, but sufferers from the itching and discomfort which come from external rectal irritation, as in Piles, need a soothing application.

It is essential to keep the bowels open by means of a mild laxative such as our No. 99 Calumet Herb Laxative Compound or Vitamol Wafers.

Among our botanical demulcents are: Sweet Weed, Flax Seed, Wallwort, Mullein, Cheese Plant, Pilewort and Slippery Elm.

Among our prepared medicines we have No. 33 Demulcent Herb Tea, and No. 34.

### RECTAL JELL

No. 4000

This stainless jell relieves miseries of simple piles. Rectal Jell is a greaseless and stainless type ointment, and practically odorless. The jell is very helpful in soothing and protecting tender irritated membranes. It acts at once to relieve the pain and itching. You will find Rectal Jell indispensable whenever you cannot risk the chance of staining of underclothing. It contains ephedrine hydrochloride which is well known for its efficacy in the treatment of pile misery.

\$1.00 per jar.

### RECTAL CONES

No. 104

Quickly relieves pain of simple hemorrhoids. This convenient easy to use rectal suppository helps to soothe, cool and protect tender irritated membranes. Its cocoa butter base helps soften and lubricate dry tissues, thereby helping to prevent cracking and soreness.

It will quickly relieve you of the miseries of simple piles, acting at once to relieve the pain of irritated surfaces. You will be more than pleased with its pain relieving action. You will like the convenience of using a suppository. Insert the cone on retiring and it will exert its cooling and soothing influence all through the night directly to the affected part.

Price 50c per box.

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### A WONDERFUL TEA

"No. 99 Calumet Herb Laxative Tea surely is a wonderful tea. I wouldn't be without it."—Mrs. F. E. B.



## RECTAL OINTMENT

No. 103

Quickly relieve the miseries of simple piles. Rectal Ointment helps to soothe, cool and protect tender irritated membranes—soften and lubricates dry tissues thereby helping to prevent cracking and soreness.

Acts immediately to relieve pain and itching, irritated surfaces. The speed with which you will get relief from the miseries of simple piles is amazing. We highly recommend Rectal Ointment and feel you will join the thousands of users of this ointment. Try our Rectal Ointment, you will like it for the relief from pains of simple piles.

Price 50c per jar.

## HEADACHE

Closely associated with Constipation, is a common type of Headache. We are not referring to head conditions resulting from serious underlying causes or organic diseases, but to what the layman knows as an ordinary headache.



Headaches of this kind frequently are due to faulty elimination. When the bowels fail in their intended or natural function, this failure sets in motion a train or series of unhappy results. Gas Pains develop. The trouble spreads to the stomach, which is a nerve center. A feeling of heaviness and dullness gradually comes on and there is what is popularly known as a Sick Headache.

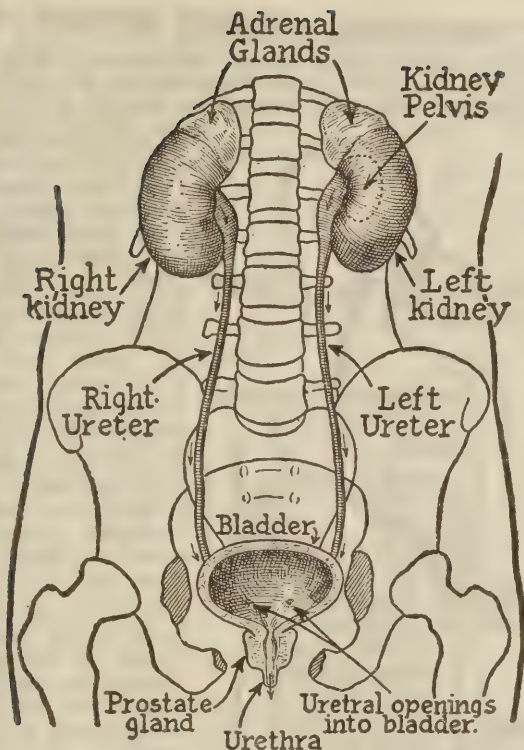
The thing to do, of course, is to improve elimination, settle the stomach and provide relief for the headache while nature is speeding up her work with the help that has been given.

Under the head of "Constipation" in this booklet, we already have given a complete list of laxative medicines and botanicals which afford a wide range of choice. In connection with headache we particularly recommend our No. 99 Calumet Herb Laxative Tea, for its mild and soothing influence.

Our offering of bitter tonics or stomachics to tone up the stomach and improve the appetite in these conditions includes these botanicals: Gentian Root, Wormwood, Angelica, Juniper Berries, Elecampane, Black Alder, Rhubarb, Wild Cherry, Strawberry Leaves, Red Raspberry Leaves, Balmony. The prepared formulas are: Sonora Herb Compound, No. 10, No. 11, No. 12, No. 99 Calumet Herb Laxative Tea, and No. 999.

To relieve pain in this type of headache we offer Aspirin Tablets 25c a box. In addition we highly recommend our No. 604 Calmative Herb Tea, which has a most soothing effect.

Price 50c.



## URINARY SYSTEM DIURETICS

As just pointed out in our discussion of constipation, the urine performs a substantial part of the work of eliminating waste products from the human body. By some authorities proper elimination through the urine is regarded as of even greater importance than that effected through the bowels. At all events, it is safe to say that the eliminative function of the urine is at least as important as that of the bowels.

When elimination through the urine is unsatisfactory, the use of a diuretic may be indicated. The purpose of a diuretic, sometimes referred to as a stimulant diuretic to the kidneys, is to increase the flow of urine. It is particularly desirable that the medicine chosen should be gentle as possible in its action and free from upsetting after-effects. However, diuretics should not be taken when kidneys are diseased.

In using diuretics it is a good policy to add a demulcent to the diuretic, such as Marsh Mallow Root, Wallwort, Cheese Plant, etc. Some of these are already contained in our prepared diuretics.

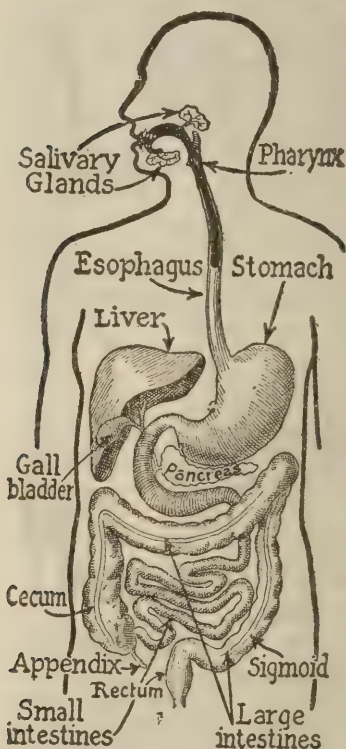
Our list of botanical diuretics includes: Horsetail Grass, Bearberry, Dog Grass, Gooseberry leaves, Buchu, Horsemint, Water Pepper, Corn Silk, Plantain leaves, Marshmallow root, Cubebs. The prepared formulas are: No. 112, No. 132, No. 15, No. 116, and No. 129.

## FUNCTIONAL STOMACH DISTRESS

The rapid pace set by the present generation, coupled with irregular habits and improper diet, all impose a heavy physical strain that is evidenced in many ways.

One of the rather common conditions of today is what is popularly known as Sour Stomach, Acid Stomach or Acid Indigestion. A more technical name for this ailment or condition is Hyperacidity.

When the natural processes of digestion and elimination are working properly, and the body is being supplied with the right kind of food or material with which to replace wornout tissues and provide essential energy and nerve force for our every-day



### DIGESTIVE SYSTEM

needs, there ordinarily is a body balance between acidity and alkalinity. When the stomach becomes excessively acid one may suffer from a feeling of heaviness, dullness and distress. Commonly associated with this condition are flatulency, gas pains, colic, nausea and headache.

Relief of such a condition obviously calls for medicines that will promote bowel activity and better elimination, that will settle and soothe the stomach and exert an antacid influence. For these purposes there are, fortunately, a number of botanicals provided by nature, as well as prepared medicines which have been compounded from botanicals chosen and blended for the particular condition involved.

Where the condition is such as to indicate use of a strong laxative, we have our No. 555 Cathartic Tablets, while our milder laxatives include No. 2033 Vitamol Wafers, and No. 99 Calumet Laxative Tea, which may be had in Tablet form if preferred. For use as cathartics or purgatives there are these plain botani-



cals: May Apple Root, Culvers Root, Black Root, Senna Leaves, Boneset Herb, Buckthorn Bark, Bryonia. If desired, one box of Aromatics and one box of Demulcents may be added to any of the purgatives just mentioned to modify their action and diminish griping.

Our botanical Carminatives and Tonics include: Gentian Root, Wormwood, Angelica, Juniper Berries, Elecampane, Black Alder, Rhubarb, Wild Cherry, Strawberry Leaves, Red Raspberry Leaves, Balmony. The prepared formulas are: No. 10, No. 11, No. 12, No. 99 Calumet Herb Laxative Tea, and No. 999.

Where there is headache, our No. 604 Calmative Herb Tea will be found very soothing.

In cases where it is desired to promote better elimination through the urine as well as the bowels, we offer these botanicals as stimulant diuretics to the kidneys: Horsetail Grass, Bearberry, Dog Grass, Gooseberry leaves, Buchu, Horsemint, Water Pepper, Corn silk, Plantain leaves. The prepared formulas are: No. 112, No. 132, No. 15, No. 116, No. 129.

Where the excessively acid condition or hyperacidity has resulted in irritation of the stomach lining, there may be need of soothing Emollients or Demulcents of botanical nature, such as Okra, Golden Seal, Marshmallow Root, Strawberry Leaves, Red Raspberry Leaves, Elm Bark, Flax Seed, Wallwort, German Cheese Plant, Linden Flowers, Salep.

## MARVEL INTERNAL EMOLLIENT

### No. 739

Marvel Internal Emollient is a purely vegetable combination of seeds and gums that act admirably on the stomach and intestinal tract.

It contains natural oils in the seeds that have a soothing and allaying effect on irritated mucous membranes.

It contains a mucilaginous substance that is an excellent demulcent and soothing emollient. This effect is such that it acts as a mechanical lubricant to the bowels—and is scientifically classed as a mild laxative—preferred by many to mineral oils.

It contains a fibrous matter—that aids the bowel movement and adds bulk and roughage to the bowel contents.

The average dose is 1 to 3 teaspoonfuls of the ground material eaten three times a day—preferably  $\frac{1}{2}$  hour before meals, or whenever there is bloating or indication of an acid condition of the stomach. Mixed with milk or honey and mineral oil makes it more laxative and agreeable.

Best results from Marvel Internal Emollient will be obtained if the user abstains from meat, pastries and sweets, eats vegetables—cooked or raw—and drinks at least one cupful of milk each day.

Price 50c per box; \$2.00 for large size.

## **PAPAYA B1 TABLETS (DIGESTIVE TABLETS)**

### **Helps Digest Protein-rich Foods**

Protein-rich foods, such as meats, fish, cheese, eggs, milk, etc., are muscle building foods essential to the growing body.

However, after we have become full-grown adults, the eating of protein foods naturally must be more controlled according to physical requirements. Heavy physical workers require more protein foods than folks confined to offices or light physical activities. Aged folks require less protein foods than growing children.

No one knows their exact protein requirements. An over-indulgence of a protein meal will often cause stomach distress, gas, indigestion, sour stomach, heart burn, bad breath, constipation or more serious conditions.

Nature has provided a simple remedy for this distress from her own great laboratories. This medicine is known as Papain. It is derived from the green fruit of the tropical Papaya plant. This wonderful substance is reputed to have the power to aid digestion of protein foods and help prevent stomach acidity although some medical opinions differ.

Our Papaya tablets are combined with Vitamin B1 to further aid this dietary requirement of the digestive system.

Bottle, containing 100 tablets, price \$2.00.

Always keep a bottle on hand.

## **CARMINATIVE WAFERS**

### **No. 174**

For gas and bloating of the stomach. A mild, soothing and cooling carminative, contains magnesia, Elm and Gentian and other well-known stomachics.

Price 50c.

## **CHILDREN'S HERB TEA**

### **No. 49**

The mildest of Carminatives. For Colic and Cramps due to gas.

Price 50c per box.

## **COUNTERACTING TABLETS**

### **No. 702-1**

This is a combination of carbonate of magnesia, gum myrrh, elm bark, etc. One tablet eaten after each meal will sweeten the breath and tend to counteract the acidity of the stomach.

Price 50c.

## **BREATH WAFERS**

### **No. 272**

For sweetening the mouth. These wafers are indispensable to clerks, salesmen, solicitors, barbers, waiters, etc., and in fact anyone coming in close contact with the public where an offensive breath may be the innocent cause for loss of business.

Price 60c including tax.

## DIAPHORETICS

As explained elsewhere in this booklet the skin plays a more important part in the elimination of waste products and impurities from the body than is generally supposed. While the eliminative functions of the bowels and kidneys are well known, the fact often is overlooked that nature has assigned to the skin the duty of assisting in a substantial way in the process of elimination.

It therefore is imperative, particularly when the other organs of elimination are not working well and there is need of improving elimination in every way as rapidly as possible, that the pores of the skin be kept open. Any drug or medicine which has the quality of inducing perspiration and thus opening the skin pores, is known as a diaphoretic. If the perspiration induced in this way is marked or visible, the drug or medicine may be referred to as a sudorific.

There are a number of well-known botanicals which may be employed for these purposes: Elder berries, Elder flowers, Virginia Snake Root, Boneset, Juniper Berries, Wild Bergamot, Chamomile Flowers, Horsemint, Golden Rod. These should be used in the form of hot infusions.

The diaphoretic virtues of any herb tea will be increased if the tea is taken hot, after a hot bath, and the user then gets in bed with plenty of covers.

Among our prepared medicines for diaphoretic use are No. 20 and No. 137.

### No. 557 TABLETS

A laxative cold tablet which aids in the temporary relief of common colds, simple headache and neuralgia. This tablet is composed of ingredients well known in the treatment of colds.

Full directions for using these tablets accompany every box. Price, 50c.

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## HICKORY SMOKED BAKON-YEAST

*Bakon-Yeast* contains no salt, sugar, starch and only 1% natural fat so it can be used by diabetics and in reducing diets. *Bakon-Yeast* is 100% dried brewer's yeast that is flavored especially by a hickory smoking process.

Brewer's Yeast is the richest natural source of the entire Vitamin B Complex. It contains 14 essential minerals and 16 amino acids so essential to normal growth and health for people of all ages.

*Bakon-Yeast* adds a delicious flavor to foods and may be used in numerous recipes.

We offer *Bakon-Yeast* at \$1.25.



## ORDINARY ACHES AND PAINS

Of course there are aches and pains that go with various and serious maladies and underlying causes and which on that account, cannot be relieved in any real sense unless and until the underlying disease itself is brought under control. On the other hand, there are many types of aches and pains that are due to occasional and temporary conditions, such as over-exertion, strain or exposure to weather, and which may be relieved by prepared medicines without the services of a physician.



Faulty elimination sometimes may be indirectly responsible for aches and pains in various parts of the body. When there is undue delay in expelling waste matter from the bowel tract, or when other organs of elimination are not doing the work nature expects of them, by-products or impurities may find their way into the blood stream and be carried to all parts of the body, often resulting in aches and pains in various parts of the body.

Whatever may be the merits or demerits of this theory regarding circulating irritants, there is or can be no serious question as to the wisdom of keeping the bowels open and of promoting elimination through the urine by use of a stimulant diuretic to the kidneys, whenever the necessity of improving elimination of the waste products of the body is indicated. In using botanicals for such laxative and diuretic purposes, there is the satisfaction of knowing that they not only will do what is expected of them, but that they are mild in action, when taken as directed. They contain no chemicals that act harshly or with upsetting effect.

In this connection we must also mention our formula No. 99 Calumet Laxative Compound, price 50c, so often referred to in these pages and our formula No. 120, the herb tea that contains the genuine Virginia Snake Root, better known to the physician as *Serpentaria* (price 50c).

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"I am sending for a larger box of Formula No. 120, as it is helping us, and I don't want to be without it. Please send as soon as possible."—B.M., Macedon, N. Y.

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"Please find enclosed \$1.00 for two 50c boxes of Formula No. 120. I can truly say this medicine has helped me get relief from muscular aches, more than anything else I have ever taken."—W.C.C., White Salmon, Wash.

## EUCAMINT—CAMPHORATED

### No. 43

The all-purpose ointment with a hundred uses—a valuable addition to your medicine cabinet or first aid kit. Truly the emergency household giant. Its high camphor content helps you avoid serious infection from little skin injuries, such as minor burns and cuts, scratches, insect bites, skin abrasions, minor skin irritations and inflammations.

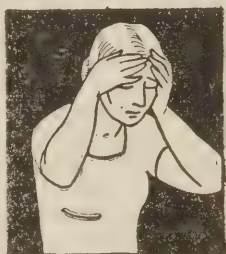
This cooling soothing camphor also makes it valuable as an inhalant for common head colds, nasal congestion and cold-stuffed nose. One whiff gives you a grand opened-up feeling. The vapors are soothing to the upper breathing passages. Its counter-irritant action when used as a rub, quickly helps to relieve pains of muscular rheumatism, neuralgia, lumbago and neuritis.

Familiarize yourself with Eucamint. Try out EUCAMINT's many all-purpose household uses.

You will be completely satisfied with its usefulness and effectiveness, or your money will gladly be refunded without returning the unused portion.

This is a fair and candid offer that you must be completely satisfied or your money will be refunded. Eucamint is packaged in a handy tube form for vacationist, traveler, outdoor worker, factory worker or home user. Used by thousands for 35 years.

Price 50c a tube.



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Your Eucamint is amazing. I can say from experience that it helps headaches of colds and sore muscles—and something you didn't tell me it would do—relieves soreness in in-grown toenails. Thanks for such a fine product.—Writes H. S., Chicago, Illinois.

## THE OLD-FASHIONED PLASTER

Judging from the great number of orders we get for Plasters, it appears that these will again become as popular as they were 40 years ago. Like Roots and Herbs, they have been succeeded by more powerful drugs, but gradually people are coming back to these good old stand-bys—and their values in certain ailments are being rediscovered. When in need of a plaster for any of the conditions for which they are commonly used, try one of these plasters.



We offer the highest grade plaster that can be made at 25, 40, and 65 cents.

Back Plaster, 65c.

Chest Plaster, 40c.

Belladonna Plaster, 25c.

### EIGHTEEN TRIPLE LINIMENT No. 18

An oil-type liniment. A powerful, longer acting hours long pain relieving liniment. Penetrates to relieve the pain of muscular rheumatism soreness, neuralgia, lumbago and sprains. For quick, effective pain relief, you'll like this strong acting, oil liniment. It helps bring circulation to painful surface congestion. When you apply Eighteen Triple you will feel the heat go right to work on muscular soreness. Penetrates by reflex action and soothes for hours of long-lasting relief. Makes you feel good, especially when applied before retiring. Eighteen Triple is unusually strong and should not be used for smaller children. Camphorated Oil has a gentler action and is more suitable for children.

Price 50c for 2-ounce bottle; \$2.00 for 12-ounce bottle.

"I wish to say that we have found relief in every Herb, Tablet and Liniment that we have purchased from you. The most joy and relief I ever got for my legs and back was from No. 18 Triple Strength Liniment. I could not stoop down to pick up anything. Since using this wonderful Liniment I can work in the field and garden."—Submitted by Mrs. O.D., Ville Platte, La.

### ASPIRIN, PHENACETIN AND CAFFEINE TABLETS

Aid in temporarily relieving the pain and discomfort of simple headache, neuralgia, toothache, menstrual pains and muscular pains.

Price 25c.



## OLD TIME WINTERGREEN LINIMENT No. 35

Old-Time Wintergreen-rich liniments are often preferred for pains of rheumatism, neuralgia and lumbago. The salicylates of Wintergreen oil are particularly useful in relieving these muscular pains. This rich Wintergreen liniment formula is bolstered by liberal amounts of



camphor, turpentine and menthol. It acts as a counter irritant to quickly relieve with its warming and soothing action. It is another gentle acting, long lasting, effective pain reliever. You will also like its pain relieving action of muscular aches caused by strain and exposure.

Price 50c per bottle.

## Non-oily ALCOHOL-VOLATILE LINIMENT No. 1061

Volatile Liniment is a rapid evaporating alcohol-type liniment. Especially effective and desirable for a rub-down massage—gives prompt relief in various local aching muscles resulting from exertion, exposure to inclement cold or wet weather, rapid atmosphere changes or draughts. Very effective for swellings due to contusion, local congestion or superficial minor injuries where the skin is not broken or scratched. The ideal body rub to have in your medicine chest.

Price, 6-ounce bottle 75c;

## CIRCUS OIL No. 115

A long used preparation for aches caused by muscular exertion, sprains and exposure such as strains and muscular aches. It has the penetrating and prolonged action needed to relieve these pains.

Price 50c.

## FOAMOLA RUB No. 141

Use Foamola Rub—the greaseless and stainless liniment for effective relief from the pains of muscular rheumatism soreness, neuralgia, lumbago and sprains. For clean and quick relief rub on with gentle massaging, Foamola Rub will be warming and soothing. Contains methylsalicylate, camphor and menthol—famous pain relieving agents used the world over. They are combined into a greaseless liniment with a good quick action, hours long, effective pain reliever. It may be used safely on both children and adults.

Price 50c per bottle.

## COLDS

Colds not only keep many men and women away from office and factory for a surprising number of working hours,



but have a tendency to lower vitality and resistance in those who suffer from them. This is particularly true of colds which are neglected or not taken care of with reasonable promptness. In such cases coughs frequently develop and have a wearing effect which may lead to more serious conditions.

This discomfort of a typical head cold, usually associated with congestion in nose and throat and often with watery eyes, earache and head noises, is so well known as to require no word picture here. Frequently there are neuralgia and headache which bring severe suffering that is not adequately covered by such a mild word as discomfort.

As to the cause or causes of the common cold, there appears to be no generally accepted medical theory or belief. In fact, the only point upon which medical authorities may be said to agree in this connection is that the practical treatment and relief of colds is a problem which still challenges the profession.

There are a number of beliefs regarding the common cold which have gained respectable support because of their appeal to sound reason and common sense. One such belief is that faulty elimination of the waste products of the body is at least a contributing or aggravating influence in the development of colds. Therefore, many physicians agree that if the bowels are kept open and the other organs of elimination are doing their work properly, there will be less chance that a cold will develop or persist.

For laxative use in connection with colds, either before or after a cold has developed, we have a wide choice of botanicals and prepared medicines that will give desired results without the harshness and upsetting after-effects of some widely used chemicals.

Among our prepared medicines we have No. 99 Calumet Laxative, in herb tea or tablet form, and No. 2033 Vitamol Wafers. Where more rapid action is desired, our No. 555 Cathartic Tablets may be used.

In relieving nasal congestion in head colds we offer Eucamint as application for children. For adults we offer any of the following: Eucamint No. 903 Cedar Forest Aireol, No. 136 Nasal Powder, No. 310 Nasal Smoke, No. 511 Nasal Jelly and No. 233 Pinol Nose Drops.



## HONEY CHERRY HERBAL COUGH SYRUP No. 812

Relieve common coughs, laryngitis, hoarseness caused by common colds. Relief is quick when you take this soothing, cooling HONEY CHERRY HERBAL COUGH SYRUP. It helps relieve congestion by helping loosen and expel germ laden phlegm. It also helps soothe, raw, tender and irritated bronchial mucous membranes.

It is a safe pure honey base cough syrup, containing Wild Cherry, White Pine, Balm of Gilead Buds and other ingredients. It is a delicious mild-acting syrup free from narcotics. The children love it and it's good for them. It won't upset their stomach. Safe for children 1 year and over. It's an all around gentle-acting syrup for children and adults.

It helps relieve congestion by helping to loosen and expel germ-laden phlegm. It also helps soothe raw, tender and irritated bronchial mucous membranes.

Price 50c per bottle.

## JUNIPEROLE No. 61

This is a preparation of Juniper and other vegetable oils that we can recommend in cases of coughs due to colds, where an expectorant is indicated. It is a handy household remedy that should be in every home. We have never heard of a better remedy for raising phlegm. It is a very effective expectorant.

Price 50c per jar.

## COUGH LOZENGES No. 175

The demulcent and expectorant properties of Elm Bark are so well and favorably known that it is needless to dwell on the subject at any length.

Price 25c.



## **CAMPHORATED OIL AND TURPENTINE LINIMENT**

Children's simple chest colds, use the safe, effective, well-known family standby—Camphorated Oil. It consists of a high percentage of gum camphor dissolved in bland, soothing cottonseed oil. Gives a two-fold action, first penetrating the upper bronchial tubes when its soothing camphor vapors are inhaled—secondly, it stimulates the chest, back and body when applied with gentle massaging. This double action helps relieve discomforts and helps restful sleep by relieving coughing spasms, easing muscular soreness and tightness. Warm it before using. You will find it worthy of its long standing popularity, as a child's chest cold application. For adults who like the action of camphorated oil, but desire a stronger action, try our Camphorated Oil and Turpentine Liniment. You'll like its stronger, warming action.

Price 50c 6-oz. bottle.

## **CAMPHORATED MUSTORINE OINTMENT**

**No. 142**

Simple Chest cold. Relieve it with the heat of Camphorated Mustorine Ointment. For simple chest colds, sore throat, sprains, bruises and sore muscles.

The heat of Mustorine Camphorated, aids in relieving coughs, tightness of the chest, muscular soreness due to chest colds and simple sore throat. Apply Mustorine and you will feel the heat go right to work on that cough, tightness of chest, muscular soreness. Makes you feel good. Camphorated Mustorine is unusually strong and should not be used on smaller children.

Price 50c per jar.

## **NASAL JELL**

**No. 511**

For stuffed up nose and difficult breathing so common in head colds, NASAL JELL quickly relieves the discomfort of running nose caused by common head colds.

It relieves safely and instantly without narcotics or dangerous drugs. It may be used freely as directed. Its action depends on ephedrine and soothing oils—working directly on inflamed nostrils, soothing irritations and dryness, relieving sniffles and sneezes. You'll breathe more freely with NASAL JELL.

Its bland vegetable oil and petrolatum base makes it particularly soothing to mucous membranes. Use exactly as directed.

Price 50c per jar.



## **C. I. TABLETS**

**No. 1002**

A cold tablet used in relieving minor distress of the respiratory tract and in the treatment of incipient common colds and resulting coughs. Fine with No. 1001 Neutralizers.

Price 75c per box.

## **MENTHOLATED CAMPHAMONIA COTTON**

**No. 133**

SNIFFLES, STUFFED UP NOSE? Use our convenient non-toxic inhalant MENTHOLATED CAMPHAMONIA COTTON. It penetrates into the upper bronchial tubes when its soothing vapors are inhaled. Breathe up its vapors—its safe and effective method of opening up the cold-stuffed nose. One whiff gives you a grand opened-up feeling. It may be used continually because it is non-toxic. You will like its small convenient pocket size. It is easily carried in your pocket or purse.

Price 25c per bottle.

## **VOCALLA COUGH LOZENGES**

**No. 709**

VOCALLA FOR THE VOICE. Relieves common coughs—huskiness of the voice and throat irritations resulting from common colds. Vocalla lozenges are exceptionally valuable to speakers, singers and workers who use their voices constantly. Vocalla lozenges are harmless and pleasant. They may be used freely by young and old because they contain no injurious drugs.

Price 25c per box.

## **PETROLANO GOOSE GREASE OINTMENT**

**No. 159**

An ointment having a base of such a consistency as to be easily applied to the skin by inunction. Its consistency aids the absorption qualities and effectiveness, insuring better reflex penetration. It is used as a counter-irritant to aid in relieving irritation and congestion in ordinary incipient coughs and colds. Contains the real old-fashioned Goose Grease.

Price \$1.00 per jar.

## **PINOL NOSE DROPS**

**No. 233**

For stuffed up nose and difficult breathing—so common in head colds. PINOL NOSE DROPS help relieve the discomfort of stuffy running nose, of head colds, safely and instantly without narcotics or dangerous drugs. The moment you put a few drops of PINOL NOSE DROPS in each nostril you will feel a wonderful relief from head cold congestion. It works directly on the inflamed nostrils, soothing irritations and dryness, relieving sniffles and sneezes. You will breathe more freely again with PINOL NOSE DROPS. Its bland vegetable oil base makes it particularly soothing to irritated mucous membranes.

Price 50c per bottle.

## COMMON HEAD COLD MISERY

"I can say that so far this winter Eucamint always relieves my headaches. It is truly wonderful. When I have a head cold I snuff it up my nose."—Mrs. A.H. G., Iron Mountain, Mich.

We sell Eucamint at 50c per tube.

### NEUTRALIZERS (ANTACID)

#### No. 1001

An alkaline tablet which aids in neutralizing excess acidity.

Price 25c per box.

### NASAL POWDER

#### No. 136

This powder is snuffed up into the nostrils. It cools and soothes the irritated membranes. The most active ingredients are: Eucalyptus, Menthol, Golden Seal. Free from all habit-forming drugs.

Price 25c.

Use as a snuff as desired.

### NASAL SMOKE

#### No. 310

The herbs comprising this formula contain certain soothing agents which are vaporized when smoked, and when inhaled reach all accessible mucous membranes of the channels of the head, nose, and throat.

Price 50c per box.

### BRONCHIAL LOZENGES

#### No. 173

A soothing aid for hoarseness and coughs due to colds. They contain well known aromatic oils and balsams so universally used in old-fashioned cough remedies.

Price 50c per box.

### FORMULA NO. 182

This herbal compound is prepared according to the well known old Bohemian formula that had been in use for generations in the old country. A mild expectorant if taken as a cold infusion and if taken hot, its action is decidedly diaphoretic.

Price \$1.00 per box.

### CEDAR FOREST AIREOL

#### No. 903

CEDAR FOREST AIREOL, the vapor inhalant—a non-toxic inhalant. Breathe up its vapors—its safe and effective method of opening up the cold-stuffed nose. One whiff gives you a grand opened-up feeling. It may be used continually because it is non-toxic.

It's soothing to the upper breathing passages. You will like its small convenient pocket size and it's easily carried in your purse.

Price 50c per bottle.



## VIRO

### Sedative, Antispasmodic and Carminative Compound No. 29

In this Day of Speed and the Age of Turmoil, most of us feel occasionally "out of sorts" or "on edge" as we like to express it, and we begin to worry. This "worry" occupies strongly our mind and aggravates the condition rather than helps it. Yet, we do



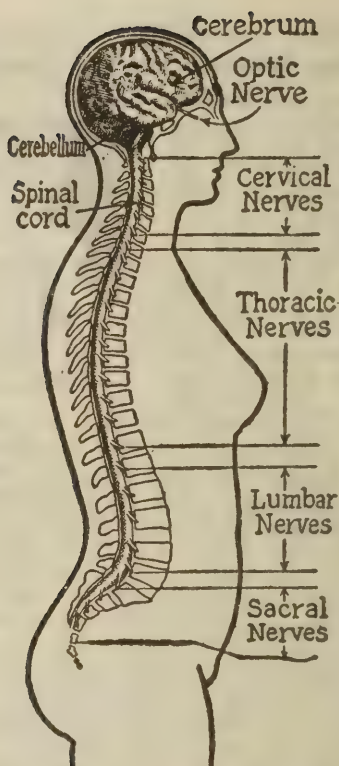
not, in most cases, consider this condition serious enough to consult a doctor and we try to diagnose the case, or rather invent a name for our trouble ourselves, which, of course, is usually the first step in the wrong direction. Next we get an advice or two from a friend who recommends this or that "sure cure that helped Mrs. Brown," and before we realize, we dose, drug and bromide ourselves from an inconsequential beginning to a more serious hysterical or hypochondriacal condition. This is the kind of "self-medication" so strongly opposed by the medical profession, because the powerful drugs, chemicals and active principles of poisonous nature and narcotics are safe only when administered by a qualified practitioner—the doctor.

If our little ills and aches were handled sensibly from the beginning a lot of suffering and many troubles could be avoided, so why not start with the right thing? Correct your way of living, your diet, and if necessary, reach for a plain home remedy. Yes, indeed, there is relief in harmless, home remedies if you are careful enough in the selection of the right kind.

One of the typical, old-fashioned home remedies is our well known Viro, which is a combination of well selected herbs and roots such as Valerian, Lady Slipper, Vervain, Scullcap, Skunk Cabbage, Catnip and many others that are known for their beneficial sedative and antispasmodic effect on the nervous system. Great relief is usually afforded in various forms of nervousness and excitability due to strain, fatigue, exhaustion and lack of restful sleep. As a sedative, it exerts a soothing influence on the system by tending to lower the functional activity and its palliative effect tends to allay distressing or painful feeling resulting mostly from physical or mental over-exertion.

Viro can be used over a longer period if necessary without any ill effects, as it is not a habit-producing compound.

Viro Herb Tea or Tablets \$1.00 per box.



## CENTRAL NERVOUS SYSTEM

### NERVINES

A nervine is a medicine that tends to allay nervous excitement.

Whenever we speak of nervousness in this booklet, we are referring to such nerve conditions as may be due to fatigue, over-strain, or those temporary and occasional circumstances which may call for a medicine that will exert a soothing and mildly sedative influence. We do not have in mind and are not to be understood as referring to, those more serious nerve conditions that result from underlying causes that must be successfully treated before relief of the accompanying nervousness will be possible. Nervousness as a disease, or in the strict and technical sense of the term, is something for the trained physician.

For a soothing influence on nerves that have been subjected to undue excitement and strain, there are a number of botanicals in rather wide favor: Fragrant Valerian Root, Scullcap, Lady Slipper, Catnip.

The prepared formulas are: No. 21, No. 24, No. 26, No. 29, No. 227, and No. 16.

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If you feel tired—try our Vitamin B<sub>1</sub> Complex—See page 31.

## MINERAL CHART

**CALCIUM:** counteracts acid, heals wounds, aids vitality and endurance, constructs and maintains bone and teeth. Lack may cause poor teeth and bone structures, undernourishments.

**IRON:** most important of the blood salts: the vehicle of oxygen in the blood. Gives vitality, builds red blood cells. Lack may cause blood-iron deficiency, anemia, paleness, run-down weakened condition, poor resistance.

**SODIUM:** the alkalizer, the digestive chemical. Enables the body to take up iron. Prevents catarrh and hardening processes. Lack may cause iron insufficiency, indigestion and old-age deposits.

**PHOSPHORUS:** nourishes the brain and growth of bone, teeth and hair; prevents fatigue; needed badly by all types who do indoor or mental work. Lack may cause mental fatigue; poor bone development, neurasthenia.

**SULPHUR:** purifies and tones up the system, excellent for glossy hair, promotes bile secretions. Lack may cause piling up of impurities, failure of liver to handle its materials properly.

**POTASSIUM:** aids healing, balances, activates, relieves pain, helps prevent constipation, stimulates the liver, renders tissues elastic. Lack may cause constipation, pimples, failure of sores to heal, liver disorders.

**MAGNESIUM:** refreshing and sleep-promoting element. Gives nervous system control and recuperation. Complexion aid. Lack may cause restlessness, excess acidity, nervous conditions.

**IODINE:** gland regulator, prevents certain types of goitre, protects brain from body toxins. Lack may cause gland troubles, simple goitre, toxic conditions.

**CHLORINE:** helps keep joints and tendons supple, helps prevent pyorrhea, auto-intoxication and excess fat. Lack may cause undue accumulation of waste matter.

**FLUORINE:** anti-infective mineral, helps prevent bone disease. Lack may cause bad eyesight, decayed teeth, pyorrhea, opens body to infectious disease.

**SILICON:** makes tissues lithe and supple, hardens teeth, glossy hair; brightens eyesight and complexion. Lack may cause baldness, gray hair, bad complexion, skin trouble.



## ORGANIC SUBSTANCE OF PLANTS

Inorganic substances disturb the proper functioning of the organs of assimilation and elimination. They are considered unfriendly and in most cases dangerous and injurious and very difficult to assimilate. Organic substances, however, such as are found only in plants are easily and quickly assimilated and do not disturb the system.

The following plants contain such organic salts:

### PLANTS CONTAINING IRON

Yellow Dock	Burdock
Strawberry Leaves	Toad Flax
Stinging Nettle	Meadow Sweet
Silver Weed	Devils Bit
Rest Harrow	Mullein Leaves
	Salep

### PLANTS CONTAINING IODINE

Bladder Wrack	Kelp
Irish Moss	Sarsaparilla
	Iceland Moss

### PLANTS CONTAINING CALCIUM

Horsetail Grass	Plantain
Toad Flax	Silver Weed
Cleavers	Shepherds Purse
Meadow Sweet	Mistletoe
Coltsfoot	Rest Harrow
Pimpernel	Chamomile
Sorrel	Dandelion
Nettle	Chives

### PLANTS CONTAINING SILICON

This is found in all plants but in Horsetail Grass in particular.

### PLANTS CONTAINING SULPHUR

Silver Weed	Rest Harrow
Stinging Nettle	Pimpernel
Fennel Seed	Shepherds Purse
Coltsfoot	Eyebright
Calamus	Plantain Leaves
Waywort	Scouring Rush
Broom Tops	Meadow Sweet
	Mullein

### PLANTS CONTAINING MAGNESIUM

Meadow Sweet	Toad Flax
Rest Harrow	Silver Weed
Devils Bit	Broom Tops
Black Willow Bark	Carrot Leaves
Walnut Leaves	Mullein Leaves
Primrose	Mistletoe

CHLORINE: All plants contain more or less Chlorine in the form of Sodium Chloride.

### PLANTS CONTAINING SODIUM

Waywort	Stinging Nettle
Fennel Seed	Mistletoe
Black Willow	Meadow Sweet
Rest Harrow	Devils Bit
Cleavers	Shepherds Purse

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All plain herbs 35c and \$1.00 size boxes.

## PLANTS CONTAINING PHOSPHORUS

Calamus	Meadow Sweet
Caraway Seed	Marigold Flowers
Chickweed	Licorice Root
Water Cress	Sorrel

## PLANTS CONTAINING POTASSIUM

Walnut Leaves	Birch Bark
Mistletoe	Nettle Leaves
Chamomile Flowers	Borage
(German)	Dandelion
Calamus	Yarrow
Plantain Leaves	Mullein
Coltsfoot	Comfrey
American Centaury	Oak Bark
Fennel	Carrot Leaves
Eyebright	Waywort
Summer Savory	Peppermint

## PLANTS CONTAINING MANGANESE

Okra	Parsley
Water Cress	Peppermint
Blackberries	Wintergreen

## PLANTS CONTAINING FLUORINE

Garlic	Water Cress
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## DIRECTIONS FOR USE

The roots and herbs listed here are absolutely harmless. They may be used in any combination. For an example, let us assume you desired a general formula containing Iron, Iodine and Calcium. You could take one or two herbs listed under Iron, one or two listed under Iodine, and one or two listed under Calcium. Take equal parts of these herbs and mix them; then put a heaping teaspoonful of the mixture into a cup of boiling water—let it stand until cool and drink one to two cupfuls of the tea a day. A very good combination of this kind would be equal parts of Yellow Dock Root, Irish Moss and Horsetail Grass.

We can furnish any of the above ingredients at 35 cents per box each.

## SEA-VO-KRA TABLETS

Sea-Vo-Kra consists in part of an imported rare variety of mucilaginous edible sea plants which besides being highly alkaline and comparatively rich in food minerals, possess inherently natural soothing qualities, valuable to anyone inclined to stomach and intestinal irritations.

Sea-Vo-Kra also contains okra, a mucilaginous land grown food possessing inherently natural soothing qualities.

Therefore, people inclined to peptic stomach and intestinal irritations may find it nutritionally beneficial and desirable to supplement a properly balanced diet with Sea-Vo-Kra on account of its comparatively high mineral content, high alkaline content and natural mucilaginous properties!

Price \$1.50 per 100; 200 for \$2.50.

## VITAMIN CHART

**VITAMIN A:** Essential to growth, normal well-being at all ages, successful reproductions, providing a barrier against the invasion of bacteria. Lack may cause body break down, allowing bacteria to enter and may result in infection in the eyes, in the respiratory tract and elsewhere.

**VITAMIN B:** Essential to growth, normal well-being at all ages, proper functioning of digestive tract, normal appetite. Lack may cause beriberi or polyneuritis.

**VITAMIN C:** Essential with calcium for good teeth and healthy gums, maintenance of blood vessel walls, growth. Lack may cause fleeting pains in joints, sometimes mistaken for rheumatism, scurvy.

**VITAMIN D:** Good bones and teeth, growth. Lack may cause rickets.

**VITAMIN G:** Essential in preventing symptoms to those of pellagra, such as digestive disturbances and skin lesions. Lack appears to be at least one factor in causing pellagra.

## HERBS CONTAINING VITAMINS

Most herbs, seeds, fruits and leaves contain more or less quantities of various vitamins. The following are listed for their exceptional vitamin content:

**VITAMIN A:** Parsley Herb, Alfalfa Leaves, Annato Seed, Watercress, Dandelion Leaves, Okra Pods, Clover Flowers.

**VITAMIN B:** Alfalfa Leaves, Water Cress Leaves, Dandelion Leaves, Parsley Herb, Blueberry Leaves, Burdock Seed.

**VITAMIN C:** Horse-radish, Mustard Herb and Seed, Shepherds Purse, Hungarian Paprika, Parsley Herb, Rose Hips, Burdock Seed.

**VITAMIN D:** Water Cress, Annato Seed, Wheat Germ.

**VITAMIN E:** Water Cress, Dandelion Leaves, Avena Sativa.

**VITAMIN G:** Hydrocotyle Asiatica—the Herbal Research Institute quote this as being the source of the super Vitamin G<sub>2</sub>.

**VITAMIN K:** Shepherds Purse, Chestnut Leaves, Alfalfa.

**VITAMIN P:** Rose Hips.

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All plain herbs 35c and \$1.00 size boxes.



## **VITA POTENT VITAMINS**

Higher potency vitamins give better results. The accent on vitamins today is on still higher potency. For this reason we are offering some new vitamin preparations of higher potency. They are EXTRA Potent Vitamin A; EXTRA Potent 6 Vitamin; Extra potent Vitamin C and Vita Potent Multi Vitamin Capsules.

### **No. V-100**

#### **VITA POTENT VITAMIN CAPSULES**

Ingredients of each capsule:

Vitamin A (fish liver oil) 5000 USP units

Vitamin D (irradiated ergosterol) 800 USP units

Vitamin B<sub>1</sub> (Thiamine hydrochloride 1.5 mg) 500 USP units

Vitamin B<sub>2</sub> (Riboflavin) 2 mg

Vitamin C (Ascorbic Acid 30 mg) 600 USP units

\*Calcium Pantothenate 1 mg

Niacin Amide 5 mg

\*Mixed natural tocopherols 1.134 mg (equivalent in biological activity to 1 mg. of alpha tocopherol), below significance

\*Need not established

Price, \$1.00 for 50 capsules

### **No. V-105**

#### **VITA POTENT VITAMIN B COMPLEX**

A new much improved and higher potency Vitamin B Complex capsule to replace the old Vitamin B capsule.

Ingredients of each capsule:

Vitamin B<sub>1</sub>, 3 mg. or 1000 USP units (3 times the minimum adult daily requirements)

Vitamin B<sub>2</sub> (Riboflavin) 3 mg (1½ times minimum adult daily requirements)

Vitamin B<sub>6</sub> (Pyridoxine hydrochloride) .25 mg (need not established)

Calcium Pantothenate, 5 mg (need not established)

Niacin Amide, 20 mg

Liver B Vitamin Concentrate, 50 mg USP

Price \$1.50 for 100; \$4.00 for 300

### **No. V-110**

#### **VITA-POTENT A & D**

Ingredients of each capsule:

Vitamin A, 5000 USP units (1¼ times the minimum adult daily requirements)

Vitamin D 1000 USP units (2½ times minimum adult daily requirements)

Price, \$1.00 for 100; \$2.75 for 300

### **No. V-115**

#### **VITA POTENT VITAMIN C TABLET**

New higher potency Vitamin C Capsule to replace old lower potency Vitamin C Capsules. Recommended when desired as a dietary supplement.

Ingredients of each tablet:

Vitamin C (ascorbic acid) 50 mg (over 1½ times minimum daily requirements)

Price, \$1.00 for 100; \$2.75 for 300.

**No. V-120**

**EXTRA POTENT 6 VITAMIN CAPSULE**

For a correction of a deficiency in any one or more of these vitamins.

Ingredients of each capsule:

Vitamin A	.....25000 USP units
Vitamin D	..... 1000 USP units
Vitamin B <sub>1</sub>	..... 10 mg
Vitamin B <sub>2</sub>	..... 5 mg
Vitamin C	.....150 mg
Niacin Amide	.....150 mg

Price, \$3.00 for 50 capsules

**No. V-125**

**EXTRA POTENT VITAMIN A CAPSULE**

Ingredients of each capsule:

Vitamin A, 25000 USP units (fish liver oil) ( $6\frac{1}{4}$  times minimum daily requirements)

Price \$2.50 for 50

**No. V-130**

**EXTRA POTENT VITAMIN C**

Ingredients of each tablet:

Vitamin C (ascorbic acid), 250 mgs (over 8 times minimum daily requirements)

Price, \$1.50 for 50

**No. V-135**

**VITA POTENT MULTI VITAMIN CAPSULES**

Ingredients of each capsule:

Vitamin A, 5000 USP units ( $\frac{1}{4}$  times minimum daily requirements)

Vitamin D, 1000 USP units ( $2\frac{1}{2}$  times this requirement)

Vitamin B<sub>1</sub>, 3 mg (3 times this requirement)

Vitamin B<sub>2</sub>, 3 mg ( $1\frac{1}{2}$  times this requirement)

Vitamin B<sub>6</sub> (pyridoxine hydrochloride) need not established

Vitamin C (ascorbic acid), 75 mg ( $2\frac{1}{2}$  times this requirement)

Calcium Pantothenate, 5 mg (need not established)

Niacin Amide, 20 mg (twice generally recognized minimum requirement)

Mixed Natural Tocopherols, 5.67 mg (need not established below significance)

Price, \$1.50 for 60 capsules

**CALCIUM PANTOTHENATE**

Each tablet has 10 milligrams (10,000 Micrograms) calcium pantothenate. Used as supplemental source of this B-complex, preferably with other B-complex factors.

\$1.00 per 100.

## V-145 LIVER, IRON, B1, B2, B12 CAPSULES

For use by those who feel nutritionally anemic, and who may be deficient in vital elements used by the body in building rich red blood. This formula not only contains blood building iron in assimilable form, but the new "Amazing Red Vitamin" shown to be active anti-anemic principle of liver.

### *Ingredients of each capsule:*

Liver Desiccated .....	200 mg.
Ferrous Sulfate, Rried USP (Equivalent to 40 mg. Iron) .....	136.1 mg.
Vitamin B1 (Thiamine Hydrochloride, USP) .....	1 mg.
Vitamin B2 (Riboflavin, USP) .....	2 mg.
Vitamin B12 (As microbiological activity from oral concentrate) .....	1 microgram
Price \$2.00 per 100 capsules	

## V-150 MULTIPLE VITAMIN CAPSULE WITH B12 AND FOLIC ACID

A well balanced *Multiple Vitamin Capsule* with the latest ingredients of *Folic Acid and Vitamin B12*. For those who need moderate yet complete vitamin supplementation for preventing vitamin deficiency conditions, and to replace in their diets the vitamins that have been lost in the processing of modern foods.

### *Ingredients of each capsule:*

Vitamin A (Fish Liver Oil) .....	5000 USP units
Vitamin D (Irradiated Ergosterol) ..	1000 USP units
Vitamin B1 (Thiamine Hydrochloride, USP) .....	2.5 mg.
Vitamin B2 (Riboflavin, USP) ....	2.5 mg.
Vitamin B6 (Pyridoxine Hydrochloride) .....	0.5 mg.
Vitamin B12 USP .....	1 microgram
Vitamin C (Ascorbic Acid, USP) ..	40 mg.
Niacin Amide, USP .....	20 mg.
Calcium Pantothenate .....	5 mg.
Folic Acid .....	0.5 mg.
Vitamin E .....	2 mg.
d-alpha Tocopheryl Acetate (from vegetable oils) equivalent by biological assay to 2 International Units Vitamin E.	

Price \$1.50 for 50 capsules

## WHEN CHILDREN ARE BILIOUS

First give a mild laxative—Senna Pods, figs, or prunes, then a ½ cupful of warm Peppermint tea; then rest and no food for about 12 hours.



## SODEON TABLETS

Price, \$1.25 per 100 ; 200 for \$2.00.

Sodeon tablets are a natural food adjunct containing deep sea "organic" food minerals . . . highly alkaline, comparatively rich in food sodium, magnesium, iodine, etc., possessing inherently natural neutralizing properties which may tend to help relieve excessive acid pains and miseries frequently associated with arthritis and other allied conditions. Vitammized Sodeon is a highly alkaline food adjunct consisting principally of imported sea plants from the ocean. "Sodeon" is also rich in Vitamin A and Vitamin C—very important factors in such conditions.

A recognized medical authority on stomach diseases and nutritional deficiencies, says, we quote:

"It is now commonly recognized that vitamins control the body's appropriation of minerals, and in the absence of minerals, they have no further function to perform. Lacking vitamins, the system can make some use of minerals, but . . . lacking minerals, vitamins are useless . . ."

Did you know that Dr. Josephine Tilden, of the Minnesota University, lowered herself to the bottom of the seas to investigate the vitamin content of sea vegetation and released a report for publication as follows:

"Marine Algae (Sea Vegetables) are sources of all four of the important vitamins, A, B, C, and D. It was from MARINE ALGAE (Sea Vegetables) that the cod and other fish obtain the properties that make their oil valuable to MAN, SEAWEED being the FIRST link in a chain that ends with MAN."

*Note*—SEA-VO-KRA is naturally rich in Vegetable Mucin!

Did you know that according to a recent scientific publication, chemical and physiological tests indicate that certain sea vegetation contains one thousand times as much vitamins A and D as an equal quantity of cod liver oil?

## MINERALIZED FOODS

### VI-LINN

Price, \$1.50 per lb.; 2 lbs. for \$2.50.

This is a "natural" food adjunct comparatively rich in "food" iron! Also natural "organic" food iodine!

Vi-Linn contains an imported variety of edible sea plants comparatively rich in "food" iron as well as "food" iodine. One heaping teaspoonful of Vi-Linn averages approximately as much food iron as one-half pound of fresh spinach!

Vi-Linn also contains traces of those vitally important vitamins A, B, C and D!

Vi-Linn is a delicious chocolate flavored drink.

## VITA CALPHOS

No. 2034

A supplementary source of supply of Calcium and Phosphorus for your diet. An aid in prevention and treatment of tooth decay and maladies of calcium-phosphorus deficiency.

Vita Calphos is one of the latest developments for supplying additional amounts of calcium, phosphorus and vitamins in a palatable form for your diet. It may be eaten with your meals, because it is not a medicine but a nutritive.

One-half teaspoonful of Vita Calphos may be taken with a glass of milk, either as a food supply to these elements which are needed in the diet, or as an aid in the treatment of those who suffer from tooth decay (dental caries) and ailments of a calcium-phosphorus deficiency.

Price 50c.

## B VITA MEAL

No. 419

The supply of Vitamin B<sub>1</sub>, like the other vitamins which are an absolutely necessary part of our diet, is as a rule very limited because of the usual incompleteness of our present day diet and through heavy loss of vitamins by the process of cooking. It becomes, therefore, important to supply these vitamins through other convenient means.

B-Vita Meal is a very convenient and dependable source for Vitamin B<sub>1</sub>. It may be eaten in combination with uncooked cereals or sprinkled over uncooked or previously cooked foods, fruit juices, soups, salads and vegetables.

B-Vita Meal is the partially dehydrated wheat embryo in powdered form. It contains one hundred twenty International Vitamin B<sub>1</sub> units per tablespoon. Two to three tablespoons are sufficient to fulfill most of the daily requirements of Vitamin B<sub>1</sub>.

B-Vita Meal is one of the very few natural food products which is rich in natural Vitamin B<sub>1</sub>.

B-Vita Meal is also a good natural source of available iron, phosphorus, magnesium, manganese, copper and potassium. In all, it contains approximately 5% of minerals.

More than one-third of B-Vita Meal is protein of nutritional quality equal to a like quantity of egg or milk (dried).

B-Vita Meal is used for undernourished children and for adults, wherever there is a likelihood of a deficiency of Vitamin B<sub>1</sub>, and the minerals which are found in the wheat embryo.

Large box \$1.00.

## **VITA—POTENT**

### **Vitamin E, No. V-140**

Vitamin E is the fertility—anti-muscular dystrophy factor and may be beneficial whenever there is a deficiency in the diet.

Vitamin E capsule contains wheat germ oil and mixed natural tocopherols equivalent in biological activity to 5 milligrams of alpha tocopherol. (Requirement not established.)

100 3-minim capsules, \$2.00; \$3.50 for 300.

## **A D—VITA OIL**

### **No. 418**

A D—Vita Oil is a high potency Halibut Liver Oil (containing 30,000 United States Pharmacopoeia XI units of Vitamin A per gram and 4,500 United States Pharmacopoeia XI units of Vitamin D per gram). A D—Vita Oil makes it possible to get the vitamin needs of the body in a few drops, whereas Cod Liver Oil would have to be taken in quantities up to two teaspoonfuls. The very small quantity of Halibut Liver Oil needed, makes it much easier to take and less apt to disturb the stomach. This is especially true of children who have a natural dislike for the taste of Cod Liver Oil.

This high vitamin containing oil is not made with extractives or synthetics. It is made by blending uniformly high grade natural fresh fish liver oils procured directly from a known origin in order to insure the freshness, uniformity and purity, and it therefore has the natural, sound, unobjectionable taste and odor characteristic of fresh fish liver oils.

The potency is checked by rigid biological tests by the manufacturer by the latest improved methods at the original source. These tests conform with the requirements of the new United States Pharmacopoeia XI.

One gram of A D—Vita Oil is equivalent to 50 grams of United States Pharmacopoeia XI Cod Liver Oil in Vitamin A potency.

One gram of A D—Vita Oil is equivalent to 52 grams of United States Pharmacopoeia XI Cod Liver Oil in Vitamin D potency.

Four drops of A D—Vita Oil is equivalent to the Vitamin A and D content of 1½ teaspoonfuls of Cod Liver Oil.

A D—Vita Oil is used by growing children and adults for correcting conditions arising from the lack of Vitamins A and D and restoring these normal vitamin balances.

Price \$1.00.



# WORLD'S BEST FED—YET MILLIONS ARE UNDERNOURISHED!

Malnutrition is due in part to modern way of life, crops grown in depleted soils, methods of preparing foods, seasonal market scarcity, etc.

Symptoms of Malnutrition: Lack of vitality, nervousness, frequent colds or illnesses, aches and pains, premature aging, etc.

Prolonged deficiencies may lead to serious conditions. To meet these potential dangerous deficiencies we offer this No. V-155 MULTI-VITAMIN AND MINERAL CAPSULE as a supplementary diet.

## *Ingredients of each capsule*

Vitamin A (Fish Liver Oil).....	5,000 USP Units
Vitamin D (Irradiated Ergosterol) .....	1,000 USP Units
Vitamin B1 (Thiamine Hydrochloride, USP) .....	3 mg.
Vitamin B2 (Riboflavin, USP)....	2.5 mg.
Vitamin B6 (Pyridoxine Hydrochloride) .....	0.75 mg.
Vitamin B12, USP.....	1.5 micrograms
Vitamin C (Ascorbic Acid, USP)...	50 mg.
Niacin Amide, USP.....	20 mg.
Calcium Pantothenate .....	5 mg.
Vitamin E .....	3 mg.
d-alpha Tocopherol Acetate (from vegetable oils) equivalent by biological assay to 3 International Units	
Vitamin E.....	
Folic Acid, USP.....	0.34 mg.
DiCalcium Phosphate, Anhydrous.....	747 mg.
Ferrous Sulfate, Dried, USP.....	45.56 mg.
Potassium Iodide, USP.....	0.133 mg.
Manganese Sulfate, Dried.....	4.72 mg.
Cobalt Sulfate .....	0.49 mg.
Sodium Molybdate .....	1.01 mg.
Copper Sulfate (Monohydrate)....	2.8 mg.
Zinc Sulfate, Dried.....	3.9 mg.
Magnesium Sulfate, Dried.....	54 mg.
Potassium Sulfate .....	11.2 mg.

Price \$4.00 for 100 capsules.

## E VITA OIL No. 417

Years ago cod liver oil became the standard remedy for the then unidentified syndromes of Vitamin A and D deficiency. The eventual discovery of vitamins and realization that it was the vitamins and not the fat that was the major virtue of cod liver oil opened a new and most important field.

Genuine wheat bread is one of the richest natural food sources of Vitamin E but the white bread and most all of so-called cracked and whole wheat breads are practically devoid of this vitamin, therefore the deficiency of Vitamin E is more than casual and must be balanced whenever the necessity arises. Price \$1.00.

## **MORMON VALLEY HERB COMPOUND**

### **No. 131**

**MORMON VALLEY HERBS COMPOUND—**  
This is a scientific compound of Indian and modern botanicals. It is a well blended group of herb simples that we offer with the greatest confidence for its strong astringent and refreshing properties.

The main ingredient of this remarkable preparation is a plant known and highly prized among one tribe of Indians as "The Herb of the Sun" and Skookum Plant by another tribe. In Utah, it is called Mormon Plant. It grows in the valleys of Utah and as far south as Mexico.

This preparation has proved of such value that we can sincerely recommend it. It has the further advantage of being wholesome.

Price, 50c.

## **BOTEKA LEAVES**

### **No. 2002**

This is the finest product in place of ordinary tea or coffee that we have been able to discover in the entire herbal kingdom.

Boteka is a real household tea.

Superior to ordinary tea in aroma and flavor. It has a more decided flavor than the South American Maté.

It is permissible in many ailments where ordinary tea is prohibited. It is often used externally as a wash.

In Mexico this tea is a household necessity more popular than ordinary tea.

We have imported thousands of pounds of this delicious tea and are confident that every user above 40 years of age will never be without it. It appears to be especially tasteful to the aged and middle aged.

Price \$1.00 per box.

## **TEXAN BOTEKA COMPOUND**

### **No. 904**

An herb tea for the whole family. An excellent substitute for ordinary tea. A combination of Boteka leaves and leaves of alfalfa and other botanicals with a fragrant and delightful aroma and a taste that will be appreciated by connoisseurs.

Price \$1.00.

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Why not purchase your medicinal roots and herbs direct from headquarters, and be sure to get fresh goods and prompt service.

## **NEW CHLOROPHYLL AMMONIATED TOOTH POWDER COMBINATION**

MENTHOMINT Tooth Powder is ammoniated to help prevent cavities—chlorophyll added to help check mouth odors.

You will have fewer cavities, less tooth decay, and a cleaner, fresher breath when you use either MENTHOMINT Orange (for teeth difficult to whiten) or MENTHOMINT Blue (for teeth easy to whiten).

These ammoniated tooth powders actually help fight acid forming bacteria and help neutralize tooth destroying acids.

Dentists now widely recommend both ammoniated and chlorophyll tooth powder. The public is also aware of the advantage of these two ingredients—you get both of them in MENTHOMINT Orange, and MENTHOMINT Blue tooth powders.

MENTHOMINT Orange and MENTHOMINT blue tooth powders both give you this double protection for the price of one.

NEW MENTHOMINT Orange powder, or MENTHOMINT Blue powder—50c.

## **NEW TOOTH PASTE HELPS STOP TOOTH DECAY AND BAD MOUTH BREATH**

MENTHOMINT'S new chlorophyll and ammoniated tooth paste. Ammoniated to help prevent cavities—chlorophyll added to help check mouth odors. You get the advantage of these two popularly used ingredients in one tooth paste, at no additional cost to you.

Completely impartial dental authorities recommend both Chlorophyll and ammoniated tooth pastes. Millions of people use both. You can get the advantage of both ingredients in one—with MENTHOMINT.

This double protection is yours with either MENTHOMINT-Blue (for teeth easy to whiten) or MENTHOMINT-Orange (for teeth difficult to whiten).

You'll have brighter teeth with MENTHOMINT'S safe and effective polishing agent—it's easy on the gums and teeth—and it's the gentle acting tooth paste that will help check bad breath and help reduce tooth decay.

You'll like the giant size tube, that is a real giant size. You'll like the spearmint fresh flavor—it leaves a delightfully clean taste in your mouth.

New MENTHOMINT Blue or MENTHOMINT Orange Tooth Paste—50c per tube.



## CHLOROPHYLL TABLETS

*Chlorophyll* has been found an effective deodorant for the foulest odors—halitosis, food odors, tobacco and liquor breath, body and foot odors. 100 milligrams of Chlorophyll, taken after a bath, will protect against offending odors for eighteen hours or more.

We offer Chlorophyll tablets at \$2.25 per 100.

## QUICK DENT

No. 178

Cleans teeth quicker. Only 50c for a long lasting, average four-month supply. It's definitely the economy dentifrice—convenience—thrift and thoroughness are combined in QUICK DENT. QUICK DENT has a refreshing minty flavor, leaves your mouth with that clean, fresh feeling. It gives your mouth a helpful stimulation that you will enjoy.

Brushes your teeth in half the time. Cuts your tooth paste bill down to one-fourth. Use QUICK DENT, the liquid tooth cleanser. It will last as long as four average large tubes of tooth paste.

Price 50c per bottle.

## OLD FASHIONED TOOTH POWDER

Does NOT Contain Sugar

Many authorities believe the mouth contains certain germs which have power to change sugar into harmful acids. These acids are believed to dissolve, or "cut into" tooth enamel and eventually cause tooth decay. If this is true, what good is it to brush your teeth with paste or powder containing sugar?

Formula 701 contains simple, harmless ingredients and no harsh enamel scratching abrasives. It does not leave the taste of candy in your mouth and you can be sure that you have not brushed sugar thoroughly around the enamel of your teeth.

Formula 701 Tooth Powder is sold at 50c per box.

## TOOTHACHE OIL

Have you a toothache due to a cavity? Get quick relief with TOOTHACHE OIL. Cavity toothache frequently strikes at night. Be prepared, keep it handy for the needs of both children and adults. It's safe to use it freely as directed for all ages. There is no need to suffer with cavity toothache—if you have TOOTHACHE OIL ready for use before you can get to your dentist.

Price 25c a bottle.

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"Your Peppermint is so nice and fresh. I take a cup of the hot tea after each meal—it is the best stomach tea I have found."—E.R.S., Toledo, O.

## "MYRA Is the Best Mouth and Throat Wash We Ever Used," Writes a Customer

MYRA is a formula carefully compounded of powerful, organic active principles, roots, gums, essential oils and other ingredients well known to the profession for the unquestionable value of their effective medicinal virtues.

MYRA has a delightful aroma and an agreeable taste.

Use MYRA as a gargle for minor throat irritation. It is a soothing application for toothache or irritated gums.

Use MYRA as a deodorant mouthwash after such indulgences as: Strong flavored food, smoking, liquor, etc.

Use MYRA every morning, as a refresher directly upon arising, to wash out that offensive overnight taste and odor.

Apply MYRA full strength for minor cuts, scratches, bruises, etc.

MYRA diluted with warm water makes an excellent vaginal douche or wash—it gives one a clean feeling.

MYRA is a necessity in your home medicine chest, in your baggage when traveling and motoring, in your bag when hiking, camping, hunting and fishing.

The price of a Bottle of MYRA with a dropper included is only 50c.

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"I need the Myra—it's wonderful for any scratch or minor sore."—Mrs. C.N., Holdredge, Nebr.

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"I went to see a dentist with the intention of pulling my teeth out, as my gums were very soft and bleeding. The dentist examined my teeth and did not find a single one of them infected. He gave me your Myra preparation and it works very effectively."—Mrs. F.S., Cold Springs, Texas.

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"Please rush this Myra; as I do not want to be without it in my house. It is so helpful for most everything—head, nose, throat, cuts, burns and foot trouble."—Mrs. A.K.

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"The boys in our shops have taken a great liking to your Myra. We have stocked this item in our medicine cabinets throughout the plant. I believe that they would be interested in your other products."—J.B., Business Executive.

## EYE IRRITATIONS

Eyes are exposed to constant irritation by dust, smoke and chemical fumes, with which the atmosphere is laden in this industrial age. The eyes also may suffer irritation from tobacco smoke or a wide variety of other causes.

What is needed in all these eye conditions is something that will cleanse the mucous membranes of the eyelids, as well as the exposed surface of the eyes, and thus exert a soothing and refreshing influence. There is no type of physical discomfort more annoying and upsetting than that associated with eye irritations of this kind, so that relief from them really means a great deal. Nothing is more refreshing, after a long automobile ride, for example, than the application of a good wash or lotion to tired eyes, for it cleanses and soothes at the same time.

Here again botanics are in the forefront for relief. A warm wash or herb tea prepared from Chamomile long has given great satisfaction in such eye conditions. Our offering of botanicals for bathing the eyes includes: Eye Bright, Chamomile, Fennel Seed, Cheese Plant, Yarrow, Sassafras pith.

### SALVALEEN EYE SALVE

For safe, quick relief for tired, smarting eyes, use SALVALEEN EYE SALVE. It's a bland soothing ointment safe, gentle and quick-acting—relieves the discomfort of eyes tired from overwork, exposure to sun, wind, dust and smoke.

You'll find SALVALEEN a valuable addition to your first aid kit. It gives you a safe protecting emollient for minor eye irritations. It can be used on most sensitive, irritated eye membranes.

Price 25c.

### EYE DROP

#### No. 74

For safe, quick relief for TIRED, SMARTING EYES, use EYE-DROP.

Place a drop of EYE-DROP in tired eyes, feel the soothing sensation that comes at once.

EYE-DROP contains mild silver protienate, the ingredient more often used in doctors' prescriptions than any other for tired eyes. It's soothing, safe, gentle and quick-acting, relieves the discomfort of eyes tired from overwork, exposure to sun, wind, dust, or smoke.

EYE-DROP is a valuable addition to your first aid kit. It furnishes a safe and convenient wash for minor eye irritations. This mild, soothing lotion can be used for the most sensitive irritated eye membranes, whenever water itself may be applied.

EYE-DROP is packaged in convenient dropper service bottles, ready to use at all times.

Price 50c a bottle.

## **EYE LOTION HERBS**

**No. 72**

An herb compound of Red Eyebright, Golden Seal and other soothing botanicals that have proved effective and refreshing for use as an eye wash. Eyebright was the main ingredient of the venerable old Pastor Kneipp's eye preparations. These roots and herbs are mixed in the right proportions and ready to be used. Directions given on the box.

Price 60c including tax.

## **EAR WAX LOTION**

**No. 47**

An aid in loosening and removing accumulated ear wax.

Price 50c per bottle.

## **FLORAL HERB DOUCHE**

**No. 41**

A boon to women. Contains no strong or harsh chemical drugs so freely used in laboratory products. Excellent as a vaginal douche or as a gargle for minor throat irritations or a wash for external use. Made from herbs and flowers.

Price 50c per box.

## **MOTHER'S SUPPOSITORIES**

**No. 171**

A valuable adjunct in connection with feminine hygiene. Their soothing action allays irritation.

Price \$1.00 per box.

## **EUCA LEAVES FOOT BATH**

**No. 143**

Feet hurt, ache and burn? EUCA LEAVES FOOT BATH quickly relieves tired, aching and sore feet, when caused by long standing and over exertion. Your feet will be refreshed and soothed with this warm EUCA LEAVES FOOT BATH. Try it especially before retiring; you will like it. Clerks and other workers who are on their feet many hours a day find in EUCA LEAVES FOOT BATH the relief they've been looking for. Use it; you will feel those tired foot muscles relax.

Price \$1.00 per box.

## **FOOT LOTION**

**No. 144**

FOOT LOTION. Do your feet hurt and burn? FOOT LOTION quickly relieves tired, aching, hot and sore feet, due to exertion. You will find that besides being soothing and refreshing, it softens calluses.

Clerks and workers who are on their feet for many hours will find in FOOT LOTION the relief they have been looking for. It's a cooling, soothing lotion. You will just feel the tired foot muscles relax.

No. 144. Price 50c per bottle.

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Are you nervous? Cut out tea, coffee, cocoa and stimulants—use Mate tea, Parsley leaf tea or Alfalfa and Mint tea often.



## MARVEL LOTION for ATHLETES FEET No. 146A

Use time-tested and laboratory-proved Marvel Lotion. Kills the organism on contact which causes the infection without injuring the flesh. Get relief from this painful and stubborn skin condition, safely.



Marvel Lotion offers an unusually convenient method of alleviating this troublesome infection. A moistened piece of cotton is inserted between the affected toes and is allowed to remain in contact with the infection all during the day. It will noticeably assist in killing off the germs, causing the infection, as well as relieve the itch and discomfort of the infection.

Price 50c per bottle.

## FOOT POWDER No. 183

A borated foot powder which aids in checking perspiration and other conditions which are conducive to minor foot ailments.

Price 25c.

## FOOT EASE No. 415

This is a combination of roots, herbs, flowers, borax and alum that gives almost instant relief to aching and tender feet, and if used constantly for a short time will toughen the soles. It is not a cure for corns, however. Traveling men, try this.



Price 50c.

## TONAIL WAX No. 510

Lessens the irritation caused by ingrowing toe nails. This article should be found very useful to persons suffering in this way.

Price 15c.

## VANISHING BALM No. 416

CORNS HURT? Enjoy fast relief. Use Vanishing Balm. Relieves irritating surface pain. Continued use helps dry up and remove hardened cuticle of corns and warts.

Price 50c per bottle.

## BORATED INSOLES

No. 145

These insoles are especially valuable to those suffering from cold, clammy feet. In summer they keep the feet sweet and cool. BE SURE TO STATE THE SIZE WANTED, AND WHETHER FOR WOMEN OR MEN.

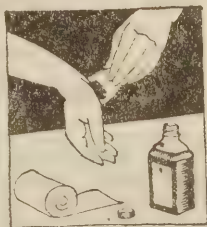
Price, 25c per pair.

## IRONITE

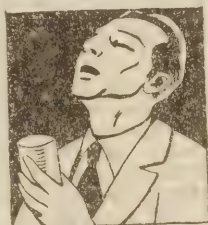
No. 2036

### The Household Giant Iron Liquid For External Use

This popular remedy has scores of uses. It may be employed freely and with good results as an external application or wash for cuts, bruises, stings, and bites of insects and the many other well-known conditions in which a preparation of this kind may be indicated or is commonly used.



The fact that Ironite is free from the sting, harshness, and "bite" so often associated with the use of other preparations, explains why Ironite is preferred by so many and why it has more than held its own in these days of keen competition. The pleasant nature and effects of Ironite make it especially well adapted to general family use and the requirements of old and young. Its action is gentle, agreeable and satisfying at the same time.



Remember this—it is important to keep Ironite in contact as long as possible with the area and condition that are affected or to be treated. For this reason, apply Ironite with cotton and bandage as a wet dressing whenever possible, as in cuts and bruises, and see that the bandage is kept saturated with the Ironite.

Gargle Ironite because of the qualities already explained. Use full strength and hold in mouth at least five minutes for best results, making sure that Ironite reaches all accessible parts of the oral cavity.

Cleanse the teeth with a good dentifrice and rinse the mouth immediately after using Ironite or it will discolor the teeth with iron.

Price 50c per vial; 3-oz. bottle \$1.00;  
6-oz. bottle \$2.00.

## ITCHING OF ECZEMA

As to the underlying causes of Eczema, there are a number and variety of theories and explanations in the medical world. In fact, very respectable professional support may be found for any one of several theories as to the origin and treatment of the disease itself. But there is no divergence of opinion as to the effects of Eczema and the urgency of relief from the almost unbearable itching



which usually accompanies the ailment. Here, at least, all authorities as well as sufferers are of one mind. They know that, independently of or in addition to any treatment of underlying causes, what is needed at once is something that will relieve the itching skin.

Here is still another instance in which botanicals have proven their worth. The cooling and soothing qualities of our Witch Hazel Compound No. 514 will be welcomed by any sufferer from the Itching and Burning of Eczema. Best results will be obtained if use of the Witch Hazel Compound is followed by liberal applications of our No. 39 Absorbent Dusting Powder and by keeping water away from the affected area.

Of course, it is not our province, here or elsewhere, to attempt decision as to what is the true cause of Eczema. That is something for doctors to argue and determine. Nor do we offer any treatment for the disease itself, in the sense of underlying causes. We merely observe and suggest that mild laxatives and alteratives are commonly employed in connection with such treatment and that botanicals are excellent for those purposes.

Our stock of mild botanical alteratives give you a chance to make your choice from among the following: Sweet Fern Leaves and Twigs, Echinacea Root, Yellow Dock, Red Clover Flowers, Queen's Delight, Rocky Mountain Grape, Bittersweet Twigs. The prepared formulas are No. 131, No. 600, No. 1000, No. 666.

## EMOLLIENT OINTMENT

### No. 163

A very fine ointment used largely as an emollient cataplasma or dressing for relief of the painful sensation of varicose veins, sprains, etc. It combines the anti-phlogistic properties of the particular volatile oils with the palliative and soothing effects of the true balsams. It has the tendency to soothe and thereby promotes and accelerates the natural healing process of the affected tissue.

Price \$1.00.

## **PREPARATIONS for SKIN**

### **BALSAM LOTION No. 152**

This is a perfectly soothing lotion for minor abrasions, skin irritations, bruises, contusions, useful for coating and protecting the affected parts. Its soothing, medicinal properties are due to the Peruvian Balsam and other valuable ingredients.

Price 50c.

### **MENTHONE No. 67**

Especially for what is known popularly as fever blisters. For itching and minor irritations of the skin, it has few superiors.

\$2.00 per bottle.

### **LIQUID COURT PLASTER**

#### **No. 147**

Liquid court plaster is a liquid which is applied to small cuts, scratches, abrasions and minor wounds of small size. It protects the wound from infection, dirt and further irritation by rubbing or friction against clothing. It dries almost instantly thereby forming a protective film impervious to water with soap. Liquid court plaster in this new form ably replaces the one time popular cloth court plaster which became dirty and shabby soon after it was applied.

Price 15c per bottle; 2 for 25c.

### **IODIZED OIL EMOLIENTA**

#### **No. 234**

A very fine, bland oil for minor BURNS, Cuts and Bruises. Many of the salves and liniments for burns contain Carbolic Acid, because of its alleviating properties.

OIL EMOLIENTA contains no carbolic or any other acid.

Oil Emolienta promotes healing and alleviates to a great extent the excruciating pain of a burn.

Oil Emolienta being in a liquid state is simply poured upon the affected part which is a great advantage over ointments that must be spread or rubbed into the area thus increasing the pain and irritation.

Price \$1.00 per 6-oz. bottle.

### **SKIN PAINT No. 515**

An application very helpful in ringworm and similar fungus skin troubles.

Price 50c per bottle.

### **CAMPBOR GOLDEN SEAL SALVE**

#### **No. 2**

A mild and cooling, yet remarkably effective salve. It is especially valuable for soothing minor irritations of mucous surfaces, such as the rectum, minor burns, scratches, chapped hands or minor congestion of the nose and throat, wherever a mild, soothing salve is indicated.

Price 50c per jar.



## **'BLACK JACK TAR SALVE**

**No. 2000**

Relieve skin irritations—use the well-known and long-used Black Jack Tar Salve to quickly relieve the itch of skin irritations for eczema, psoriasis, dermatitis, blemishes, similar skin and scalp inflammations and externally caused rashes. It will alleviate the itch quickly.

Black Jack Tar Salve fortified with camphor has for years been a popular stand-by with the farmers. They also use it as a dressing for minor cuts, wounds and bruises.

\$1.00 per jar.

## **SULPHUR TAR SALVE**

**No. 3**

Itching, skin rash, use Sulphur Tar Salve. Get the combined beneficial action of sulphur and tar to relieve the itching of eczema, psoriasis, itching skin and scalp irritations.

You will find it soothes and checks itching quickly. Helps alleviate and render less noticeable, unsightly externally caused blemishes, rashes, and other skin irritations.

Your skin will look and feel better after using Sulphur Tar Salve.

Price \$1.00 per jar.

## **THYMOLADIN OINTMENT**

**No. 4**

Relieve itch of eczema, pimples. Use THYMOLADIN OINTMENT—a necessary addition to your medicine cabinet. You get the combined effect of the thymol iodide, linseed oil, oils of cade, cajeput and thyme.

It's soothing—gives you quick relief from the itch of eczema, pimples, psoriasis, dermatitis, externally caused rashes, inflammations and similar skin and scalp irritations. Soothes and checks the itching quickly.

It is also used as a dressing for minor burns, cuts, scratches and bruises.

Price 50c per jar.

## **TINCTURE OF IODINE OINTMENT**

**No. 151**

Minor sprains and bruises and cuts.

Try TINCTURE OF IODINE OINTMENT, particularly good for minor sprains, bruises, cuts and scratches. It's actually a tincture of iodine incorporated in an ointment form—with a rich lanolin base. Ideally used where you want a diluted iodine tincture free from the usual burning and smarting of iodine tincture.

It's very efficacious and much easier to use than the tincture. Try this—you'll never use plain iodine again.

It's a big improvement.

Price \$1.00 per jar.

## HOUSEHOLD OINTMENT

### No. 42

Relieve pain of minor burns. Use HOUSEHOLD OINTMENT—the general, all around ointment with many emergency uses. It has the combined beneficial action of thymol and iodine (thymol-iodide) and linseed oil—soothes and checks the pain of minor burns safely and quickly.

You also combat infection from minor burns, cuts, scratches and bruises. You can help avoid nasty surface infections from little injuries quickly applying HOUSEHOLD OINTMENT.

It's a soothing, protecting ointment; will not smart or sting when applied.

Price 50c per jar.

## TAR SALVE

### No. 1

Skin sufferers, use this old-time pine tar ointment fortified with camphor to get quick relief from the itching caused by eczema, dermatitis, psoriasis, blemishes, externally caused rashes, and similar skin and scalp irritations. It will soothe and check the itching quickly.

It is also used as a dressing for minor cuts, scratches and bruises.

Throughout the years, tar ointment has been popularly used as a household ointment.

Price 50c per jar.

## GERANIUM LOTION

### No. 25

This is a very fine, all-around lotion. It will often dry up ordinary surface irritations and eruptions in almost a few hours. It is nearly invisible and delicately perfumed and may be applied at any time without discomfort. It is of great value wherever a soothing lotion can be applied, such as the itching of Eczema and the external irritation of Piles.

Price \$1.00 per bottle.

## FERONIA OINTMENT

### No. 187

Is an astringent and styptic application for minor cuts, abrasions, alleviates the intensity of the pain, checks the irritation, and aids healing.

Price 50c.

## MENTHOLINE

### No. 66

A fine external wash for use in the many conditions in which such a product is indicated, such as minor cuts, bruises, nasal congestion, and ordinary irritations of the throat. Does not sting or burn like so many other products for similar conditions. A good thing to keep in the family medicine chest.

Price \$1.00.

## BLISTERINE

No. 755

This remarkable preparation helps dry up fever and cold blisters. Invisible and non-poisonous.

Price 25c.

## COMEDO SULPHUR CREAM

No. 503

This cream is designed especially for loosening, dissolving and removing black-heads.

Price 50c per jar.

## V BALM FOR MALE AND FEMALE USE

No. 59

An unctuous, pleasant and easily applicable soothing balm of mild astringent action that soothes male and female parts which have become irritated by friction of clothing, perspiration, chafing and keeps them lubricated.

Price \$1.00 per jar.

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## FEDERAL TAX ON COSMETICS

The following items require 20% Federal tax: Eye, face and hand lotions, bath salts, bath tablets, hair preparations, sachets, creams, face and body powders, breath wafers, complexion clay, nail polish, toilet waters, perfumes, rouge, and lipstick.

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## TANTALURE NO. 2 YEAST CLAY PACK

Ladies who need a mild astringent—use it on the entire face, *especially* around the eyes, under the chin and neck where a mild astringent is usually most needed. It gives your face a fresh invigorating feeling. Words cannot describe the delightful sensation—you must try it to know it. You will be pleasantly surprised.

*Tantalure's* new mild astringent pack is a live active yeast clay pack astringent. It is in dry form to preserve the live yeast. Water is added and in four minutes you have a rich fresh live yeast clay pack astringent. Price \$1.20 includes tax.

"I am enclosing check for which please send me one package Tantalure No. 2. I tried the sample you sent me and the results were amazing. Just what I needed."  
—Miss A.M., Chicago Heights, Ill.

"I am writing you to tell you how much I appreciate your sending me the sample of Tantalure No. 2. I used it with fine results—made the skin look younger."—Mrs. A.M.I., Jackson, Tenn.

## TEMPTICING HOME PERMANENT

It gives you a soft, natural looking permanent wave. Your *Tempticing Wave*, whether loose or tight, will be more manageable, free from frizz on the ends.

You can be sure of good results with a *Tempticing Home Permanent* because you get a bottle of *Tempticing Preconditioner* which will thoroughly cleanse the hair so that the curl will take. The pre-conditioner does the very important job of cleansing the hair of oil and dirt, which would otherwise prevent the curling solution from permeating the hair.



Be sure of a good permanent—Use *Tempticing*—the home permanent with the added hair pre-conditioner (cleanser), to insure a good wave.

Price complete with 50 curlers, \$1.80, including federal tax.

Price of refill without curlers \$1.20, including federal tax.

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“We like your *Tempticing Home Permanents* very much. We gave my niece the first one, and so far, it is by far the most beautiful she has ever had—and she has had expensive ones.”—Submitted by G.M., Independence, Mo.

“Your *Tempticing Home Permanent* is the nicest I ever tried.”—G.G., Toledo, Ohio.

“I gave a lady one of your *Tempticing Home Permanents*—and her hair is beautiful. It is just like a natural wave—not kinky at ends.”—L.M., Kansas City, Kansas.

“Your *Tempticing Home Permanent* is the best I ever used. My daughter applied it and says it's tops.”—Mrs. G. K., Cumberland, Maryland.

## COLOR-ITE

### No. 315

A safe hair dye which colors the hair gradually.

Color-ite is a hair dye which restores color and sheen to faded and gray hair. It dresses up the most conspicuous part of your appearance.

Most people wait until gray hair is very noticeable before doing something about it but this is no longer necessary. Your hair is darkened gradually by successive applications of Color-ite and you can get whatever shade is desired without any conspicuous change. Don't wait until you are gray. Use Color-ite to keep the color right.

Price 60c including tax.



## **HAIR SHEEN SPRAY**

**No. 53**

Hair Sheen Spray is the latest type of hair gloss preparation. It has practically replaced pomades, petrolatums and mineral oils which were used for this purpose. Hair Sheen Spray imparts a radiant brilliance to the "washed out" hair by forming a light film over the surface of the hair. It gives an even sheen in place of the old-time, oil drenched appearance.

Price 60c including tax.

## **BAY SCENTED HAIR OIL**

**No. 153**

A purely vegetable oil, compounded by us of choicest imported oils, well known for their stimulating qualities. We can fully recommend this oil for dry hair and to help restore the lustre. Apply every other day and rub lightly into the scalp with the finger tips. This oil is very penetrating and would be irritating to a tender scalp.

Price 60c including tax.

## **YUCCA HERBAL HAIR COMPOUND**

**No. 406**

This preparation has long been used by the natives of Mexico and the Indians for cleansing the hair, but has been introduced to the public at a comparatively recent date.

Price 60c including tax.

## **HAIR DRESSING**

**No. 505**

A pomade for stiff, straight, or kinky hair. Makes it lie as it is combed. Gives the hair a rich, lustrous appearance so much desired by fastidious dressers.

Price 60c including tax.

## **HAIR LUSTRE**

Stimulates the scalp and refreshes faded hair to a more natural lustre.

### **Oriental Style Hair Lustre**

Leaves the hair soft, silky and lustrous. It is not sticky or greasy.

It stimulates the scalp.

It discourages dandruff.

Price 60c including tax.

## **HERBAL HAIR TONIC**

**No. 309**

This is not a chemical hair dye nor stain that colors the hair instantly, but a liquid preparation composed of various botanicals that has a tendency to impart color to faded or gray hair.

Price \$1.20 per bottle including tax.

## AMBER GLOW SHAMPOO

No. 121

Amber Glow Shampoo gives you an abundance of safe natural oil lather—because it is made from olive oil. It does not contain harsh high lather chemicals which cause unnatural damaging scalp dryness.



You will find Amber Glow Shampoo a delightfully scented shampoo which will gently cleanse sensitive and irritated scalps. It will leave the hair soft and silky—it is truly a shampoo luxury.

Price 50c per bottle.

## CASTILE SHAMPOO POWDER

No. 122

This is our costliest of all shampoos—it is the shampoo luxury. It is the new easier lathering form of the old tried and proven genuine olive oil castile soap. It may be used directly on the hair or made up into a liquid shampoo.

Price 50c.

## OLIVETTE SHAMPOO

No. 124

(The latherless olive oil compound shampoo.)

Use Olivette for lustre, for loose dandruff and for a cleanser. Olivette is a latherless compound olive oil shampoo for cleaning hair and scalp, for removing loose dandruff and for imparting lustre. It is not a soap but a combination of oils including olive oil, which, when massaged into the hair and washed out cleanses and greatly enhances the natural hair lustre.



The dryness and dullness caused by ordinary hair washing is largely avoided with Olivette. There is no dullness or washed-out appearance as is experienced with most soaps because it does not contain free alkali which imparts the dullness and injures the hair. Instead it contains a liberal amount of excess oil to replace the oil of the scalp after the washing.

Use Olivette once—you will find three outstanding virtues in one preparation—lustre, cleanser and loose dandruff remover.

Price 50c.

## **PYROLEUM SHAMPOO**

### **An Effective Hair Cleanser with Pine Oil and Tar**

Pyroleum Shampoo is an almost perfectly neutral, nonirritant liquid soap prepared by cold saponification process from pure, vegetable oil and southern Pine Tar, blended with volatile Pine Needle Oil, aromatic substances and other valuable ingredients. The beneficial influence of the Pine Tar upon the scalp as a dandruff remover is well known, and also the detergent cleansing action of neutral liquid soap has its own established reputation. This shampoo will bring out all the beauty of good hair and will greatly improve appearance of faded or lifeless hair.

Price 50c.

## **LILAC DRY SHAMPOO**

### **No. 302**

A granular hair and scalp cleanser. It cleanses by virtue of its ability to absorb and cling to dirt and dandruff scales. It is also an effective aid in the treatment of dandruff and minor scalp disorders.

Price 35c.

## **GREAT MARVEL**

### **No. 118**

Beware of infectious dandruff. Use Great Marvel—the dandruff treatment used by countless men and women. If the germs associated with infectious dandruff are present on the hair or scalp—Great Marvel attacks them at once. Use Great Marvel after washing the hair and in small amounts thereafter. This habit will give you better groomed hair and scalp.

Price \$2.40 including tax.

## **TEMPTICING MICRO-MAKE-UP**

**(with added deodorized codliver oil)**

*Micro-Make-Up*—a new liquid cream face powder gives a flawless, sheer, silk-tone foundation. You will like that soft-as-velvet look and that baby-soft feel to the skin.

*Micro-Make-Up* is microscopically fine-grained. Makes a smoother looking complexion—clings hours longer.

*Micro-Make-Up* also contains deodorized codliver oil, the ingredient used by many physicians in the form of an ointment, well known for its soothing properties.

*Micro-Make-Up* is made in three skin harmonizing colors—Flesh pink, Brunette and Golden Sun Tan.

Price per bottle \$1.20 includes tax.

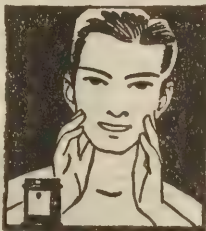
## VELVETINE BEARD SOFTENER

No. 186

This is a smooth and most delightful shaving cream. Once tried you will never use any other. Leaves the skin soft and smooth.

Easy to apply, no shaving mug, no brush necessary—just apply the Beard Softener on wet face, right after washing, and shave. MAN, WHAT A RELIEF! Cool, refreshing and fragrant. This is a discovery for the fussy men with a tender and easily irritable skin. It saves you much time, lots of profane language and it does away with the painful ordeal of scraping your face till it bleeds. Beard Softener will leave your skin soft and refreshed.

Price 50c per jar.



## VELVETINE SHAVING CREAM

No. 169

Leaves the skin in refreshed condition with no undesirable after effects, such as burning, itching, etc. The scent is delicate, lasting, but subdued, just as you want it to be. It is an expertly made preparation, having a much heavier body than the average creams on the market, and, therefore, it lasts twice as long. We simply put the accent on the value and merit of this product and not on advertising only.

Price 50c per large tube.

## VELVETEEN BLEACHING LOTION

No. 60

A mild acting surface skin bleach suitable for sensitive skins. Its aqueous base makes it possible to apply it at any time of the day without any noticeable make-up appearance. Bleaching Lotion is also glycerinated to soothe the skin and guard from skin drying. It leaves the skin soft and pliant.

Price 60c including tax.



## ASTRINGENT LOTION

No. 148

A remarkable astringent preparation that aids to contract and tighten up tissues. Contracts large pores and tends to minimize superficial wrinkles. Delightfully perfumed and should be on every lady's dressing table.

Price 60c including tax.

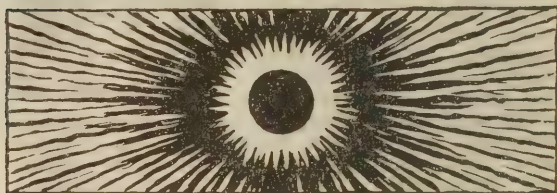


## WITCH HAZEL COMPOUND

No. 514

Distilled from fresh twigs of Witch Hazel Shrub with addition of an effective active principle known for its beneficial soothing and astringent action upon the skin. Useful in checking of minor skin affections and irritations, after shaving, in minor bruises and as a cooling application in local contusion and swellings.

Price 50c.



## PROTEC-TAN

No. 5

Screens burning in rays—protects you from painful sunburn. Take heed—protect yourself from the scorching rays of the sun on outings, on the golf course and on the beach. It will save you the discomfort and the cost of treating. PROTEC-TAN is one of the essential cosmetic needs.

PROTEC-TAN is a sunburn preventive which has a two-fold action. To filter out those violet-rays of the solar spectrum which cause burning and blistering. To permit a sufficient quantity of the rays to the skin to give a proper tan on from three to four hours' exposure. This allows you to become tanned without burning.

Its oil base protects you from irritations and wind-burn and keeps the skin smooth and pliant. It is suitable to most sensitive skins.

Another distinct advantage of PROTEC-TAN is its inexpensiveness. One bottle will last one or two seasons.

A sunburn preventive.

Price 60c per bottle including tax.

## VELVETINE ODORINE

No. 168

Stop perspiration odors—quickly, safely and surely. Use Velvetine Odorine. It actually guards bath freshness and assures you that you are safe from perspiration odors.

Velvetine Odorine is in non-greasy, liquid form—it goes on easily, disappears quickly; not messy. It is delicately scented, too. Will help freshen up with a clean odor.

Liquid anti-perspirants are far more economical than the cream and they don't dry out.

Price 60c per bottle including tax.

## FRESH-UP HORMONE CREAM

(With Odorless Cod Liver Oil)

Keep That Fresh Look—

Take care of premature lines and fading skin beauty. You will have a younger looking complexion if you get them in time. You'll be amazed how easily your skin can be kept smooth, soft and alluring with *Fresh-Up Hormone Cream*.



Fresh-up with *Fresh-Up Hormone Cream*, the cream guaranteed to contain 10,000 I. U. of natural estrogenic substance in each ounce for younger looking complexions.

*Fresh-Up Hormone Cream* also contains deodorized cod liver oil, the ingredient used by many physicians in the form of an ointment, well known for its soothing properties. It's that extra ingredient that makes *Fresh-Up Hormone Cream* really different. Price, 2-ounce jar \$1.80 including tax.

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"Fresh-up Cold Cream should be called 'Miracle Cream'—the results are so quickly noticed. It has such a fresh and velvety texture."—Mrs. J.W.A., Bluefield, Va.

## LUXOIL DRY SKIN CREAM

Formerly called *Complexion Cream*

For Dry and Sensitive Skin

Beware of the warning signs of dry skin—you will know them. Watch for flaky spots, tiny dry lines. They will tell you that your skin needs more oil. *Luxoil Dry Skin Cream* has two oily, extra skin-softening ingredients—natural vegetable oil and lanolin—the ingredient much like your skin oil.

The high percentage of fresh vegetable oil and lanolin in *Luxoil* are responsible for its effectiveness and mildness. They make it the "different type of cream."

Treat your skin to the delicate beauty care of *Luxoil Dry Skin Cream*. It works well on sensitive or dry skin. Makes your skin lovelier, smoother and softer to the feel. You will be thrilled at the new charm of your complexion loveliness.

You will see the improvement in a short time. Your skin will be gently softer and smoother looking—thrilling to the touch. Price per 4-ounce jar, \$1.20 with tax.

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"Your *Luxoil Cream* is the most perfect Cream I have ever used."—C.M.M., Long Beach, Calif.

## VELVETAND LOTION

### For Hands and Face

COD LIVER OIL IN HAND AND FACE LOTION MAKES VELVETAND really different. Velvetand contains cod-liver oil, the ingredient used by physicians in the form of an ointment well known for its gentle healing properties. This Cod Liver Oil makes VELVETAND ideal for tiny cracks and scratches and roughness. It's that something extra in this hand lotion that really makes it different from other hand lotions.



VELVETAND as a foundation cream. VELVETAND—the combination of a rich hand and face lotion is also a light liquid foundation cream. It takes powder smoother and more lastingly—re-styles your complexion—gives you a more sheer, more natural look—free from that oily coated feel.

Make-up can be so becoming if you have that softer look. You will have it with VELVETAND, the near-perfect liquid powder base. Relieves your skin from that oily, greasy, coated, stifled and smothered feeling.

Price 60c per bottle including tax.

## No. 140 HAND LOTION

An emollient-type lotion. It is a preventive treatment for chapped hands caused by frequent washing, improper drying and cold weather.

It possesses two-fold softening soothing properties of a demulcent. A well-balanced hand lotion which satisfies the needs of women.

One application will make your hands feel softer and smoother over night. Just the thing to use after you have had your hands in hot soapy water. Once tried you will never be without it. Not sticky or greasy.

Price 60c, including tax.

## CLEANSING CREAM

### No. 52

#### For Oily Skin

This cream aids in temporarily relieving excess oiliness and cleansing oily or caked skin by assisting in the removal of oil and external sebaceous matter from the pore openings. If the skin is quite oily, apply a heavy lather of soap, allow to dry on the face, then wash off with a fresh lather of soap and warm water. You will find this invigorating cleansing will assist the natural function and natural loveliness in the skin.

Price 60c including tax.

## CREME OIL

No. 125

Creme Oil is a new type of preparation which leaves the facial skin smoother, softer and more pliant. Creme Oil was compounded primarily to be more effective than the conventional mineral oil type of cold cream which is only useful and beneficial as petrolatum and mineral oil.

Creme Oil is the result of five years of experimental work in an effort to make an improvement in cold cream preparations.



We offer it as a completely different type preparation—not as a cold cream. It contains no stearic acid to irritate the skin, no wax to clog pores and no emulsifier or alkali to irritate the skin.

Every ingredient and detail of compounding have been used to make this preparation more effective than cold cream.

Flat laboratory cost of making Creme Oil, exclusive of advertising, is twice as high as that of the extra fine grade of mineral oil cold cream.

Much has been written of the virtues of cold creams, but a statement of cost such as the above, which can be substantiated, is proof in itself that Creme Oil was an earnest desire of our manufacturing chemist to make the best possible preparation for enhancement and restoration of the natural fineness of the skin.

It is the type of a preparation which experienced laboratory men prefer to recommend purely on the strength of the ingredients used in the making.

Price 60c including tax.

## ERGETOL OINTMENT

Need an ointment for pimples and minor skin eruptions? Use Ergetol Ointment, the ergot extract ointment fortified with zinc oxide and carbolic acid.

Ideal ointment for teen-agers for relieving embarrassing externally caused pimples.

This ointment will soothe pimples and minor surface caused skin eruptions. It is very useful in relieving distress of externally caused pimples and minor skin eruptions—helps alleviate unsightly, externally caused blemishes.

Your skin will look better and feel better after using Ergetol Ointment. Try it once—you'll never be without it. Use exactly as directed.

Price \$1.00 per tube.



## **FRESH-UP COLD CREAM**

### **No. 50**

A semi-oily skin cream which aids in correcting and cleansing oily skin by the removal of oil and sebaceous matter from the pore openings. This invigorating cleansing cream assists in restoring normal functions and natural loveliness to the skin. It also protects from wind and harsh soaps.

Price 60c including tax.

## **FORE-QUALITY MASSAGE CREAM**

### **No. 76**

Semi-oily skin cream for safeguarding natural skin smoothness. Its creamy light texture improves its penetrating qualities and imparts, with massage, the needed touch of freshness to pale skin.

Price 60c including tax.

## **VANISHING CREAM**

### **No. 504**

A nearly neutral skin cleanser, that serves wonderfully as a general purpose cream and as a base for face powder. It is especially suited for a rather greasy skin, and for day use, when a heavier and greasy cold cream is not wanted.

Price 60c including tax.

## **BREEZ**

### **AFTER SHAVE STICK**

This new trend after-shave preparation in solid stick form is more compact and more effective than old-time, after-shave lotions. It's a more convenient method of taking care of your face after shaving.

*Breez* gives you a cool, pleasantly refreshed after-shaving sensation; leaves your face with a cool, stimulated feeling—gives it that wake-up tingle.

*Breez* after shave stick is ideal for the traveling bag and sports outings. Men like it because it is practical, economical, easy to carry and easy to use. Keep it with you at home and while traveling. It's a convenient, light weight, small size package that can't break and soil the contents of your traveling bag. *Breez* is wrapped in an attractive gold foiled container. It's ideal for a gift. Price \$1.20 includes tax.

## **ABSORBENT DUSTING POWDER**

### **No. 39**

This is an ideal absorbent powder. It may be used with great benefit for the purpose of absorbing excess fluid in weeping eczema, blisters, chafing and wherever a cooling absorbent powder is indicated.

Price 25c.

## TEMPTICING COOL STICK COLOGNE

The new, pleasant way to keep lastingly refreshed. Only cool fragrance remains on your skin after any application.

Tempticing Cool Cologne Stick is ideal for the purse, traveling bag and summer outings. This highly popular method of using perfume is spill-proof, practical, economical, easy to carry and easy to use. It's always with you—a necessary part of your make-up kit.

*Tempticing Cool Stick Cologne* is available in three elegant, masterpiece fragrances:

Mosque (Oriental type)

Pink Silk (light type)

Blossom (Floral type)

Purse size, \$1.20 includes tax

## ODORINE ANTI-PERSPIRANT STICK

The new concentrated *Antiperspirant* in solid stick form. Odorine Stick checks perspiration and imparts a cool, pleasantly refreshed aroma to your skin.

*Odorine Stick* in its new compact form is ideal for the purse. Women like it because it is spill-proof, practical, economical, easy to use and easy to carry.

*Odorine* in solid stick form is non-liquid and non-greasy. You don't have to wait for it to dry. Apply it and dress immediately. It's safe for the skin and safe for the most delicate fabrics. Guards daintiness of the body and of the clothes. You'll be pleasantly surprised when you use *Odorine Stick*—the latest in anti-perspirant preparation.

You will admire *Odorine's* beautiful brass-capped container and gold foiled wrapping. A neat and showy addition to your purse and an ideal gift for women. Price \$1.20 includes tax.

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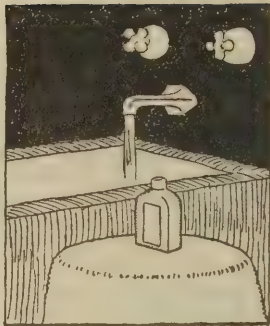
"I think your *Luxoil* Cream No. 51 is the most wonderful cream I have ever used, and I have used the best on the market for 25 years. I hope I never have to be without this cream."—Mrs. F.E., Clarksdale, Miss.

\* \* \* \* \*

"Your creams are the best I have ever used."—Mrs. J.W.A., Bluefield, Va.

\* \* \* \* \*

"Your No. 51 *Luxoil* Cream is very nice. I have used about all makes of creams on the market, and feel that this is the cream that will truly do something for dry skin."—Submitted by Mrs. E.C.C., Burlington, Iowa.



## TEMPTICING COLOGNES—FOR MEN AND WOMEN

### Ideal for Gifts

TEMPTICING COLOGNES—the finely perfumed toilet waters with many practical uses for both men and women. Packaged in our new rich looking gift bottles.

Colognes are one of America's most popular cosmetic preparations because they have many practical uses besides that of imparting a delicately perfumed fragrance. Their 50% alcoholic content makes them useful as a direct application to the body to stimulate the skin, as a facial cleanser, as a deodorizer, as an addition to the bath water, as an after-shave lotion, as an after-bathing lotion, as an aid in relieving minor skin irritations.

Tempticing Colognes are made of the same high quality oils used in our perfumes. They are available in eighteen fragrances:



**Rose, Sandalwood, Lilac, Arabia, Orange-Flower, Heliotrope, Oriental, Reseda, American Cologne, Violet, Fragrant Herb, Fields of Clover, Heather, Morning Mist, Aroma de Forest, Oleander, Ylang Ylang, and Honeysuckle.**

Price 72c, including tax.

## TEMPTICING NEW LIFE FACE POWDER

Ladies by necessity buy a face powder with the serenity of an expert because they must be experts as to the needs of their individual complexions. They must satisfy their requirements regardless of price, because it is so important a part of their make-up.



A near perfect powder is not just a commercial mixture of ingredients but an achievement of an expert chemist, endowed with a keen sense of compounding, homogenizing, finest fragrance, and shading with all the radiance and vividness of color. Celia M. powder closely approximates this perfect powder. It covers skin imperfections, eliminates gloss, adheres to the skin, spreads evenly, is made of the costliest ingredients, has a delightfully alluring scent, absorbs normal perspiration and because of its semi-transparent nature it actually will accentuate and beautify natural features rather than produce the undesirable mask-like effect.

It is offered in three shades—

FLESH—a color fresh natural shade.

BRUNETTE—a fascinating delicate-tan shade.

GOLDEN SUN TAN—a modern sun-burnished shade.

Price \$2.40 each, including tax.

## FLORALINE FACE POWDER No. 75

This powder should retail for \$1.50 to \$2.00 if judged by the cost of the ingredients comparable with the cost of some widely advertised powders. No more costly ingredients could be incorporated in a face powder. This powder contains the highest grade materials to be had. Furnished in Flesh or Natural and Brunette only.

Price 60c including tax.

## TEMPTICING HYPO-ALLERGIC LIPSTICKS

*(The Perfume-free Lipstick)*

We are now able to offer a hypo-allergic lipstick which reduces the possibilities of irritation even to the most sensitive people.

In the formulating of *Tempticing Hypo-Allergic Lipsticks*, ingredients which are most apt to be irritating to the more sensitive lips were eliminated.

This is the lipstick many fastidious women have looked for. We offer it in three alluring shades—Pink, Medium and Dusk. Price \$1.20 including tax.



## TEMPTICING LIPSTICK

Tempticing Lipstick gives your lips that tempting and enticing look. It gives a sleek, alluring, yet natural-like inconspicuous coloring to the lips. The color blending with the finest ingredients makes it the tops in lipsticks. You will like the glistening velvety smoothness of Tempticing Lipsticks, and will find it will overcome that dried, parched appearance, besides being very easy to apply.



Shades available—

LIFE—suggests a blue undertone shade.

MEDIUM—a true vivid red shade.

DUSK—a deep crimson velvet shade.

DARK—dark and intriguing as a shadow.

PINK—a blush pink shade.

Price 60c each including tax.

## TEMPTICING ROUGE

Tempticing rouge will flatter your beauty by giving your skin a softer, smoother and younger look. Tempticing is an expertly blended life-like rouge which gives a near natural rich color to the skin. You will delight at the smoothness, the blended shade, the non-irritating effect on the skin, and the fine scent. Tempticing is the well-balanced, long-lasting rouge of tomorrow.

Tempticing rouge is compounded from select high quality materials by an expensive and involved procedure. It is known as the terrific air pressure method and is responsible for the smooth silk-like texture which makes it apply evenly.

Shades available—

PINK—the new shade.

LIFE—the coral pink satin shade.

MEDIUM—a petal smooth rose shade.

DUSK—a fascinating red shade.

DARK—a dark concealing shade.

Price 60c each including tax.

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“I am delighted to be able to get your Rose Compound Oil—it is such a distinctive perfume. Your herbs are the only medicine I have taken in several years, and I feel fine at past seventy years of age. Am taking care of a little lady 96 years of age, beside doing all my housework, marketing, etc.”—Mrs. M.C.B., Fresno, Calif.

## **WILD FLOWER SACHET**

**No. 625**

### **"Midsummer Night's Dream"**

A combination of wild flowers, herbs and roots of natural, delicate, and lasting fragrance that reminds one of the moon-lit, odor-laden garden in June.

This combination is a deviation from the usual, because its unusual and alluring scent is mostly derived from the splendid combination of sweetly scented flowers, herbs, and roots that impart their fragrance to linen, clothing or room for an indefinite period. It has not the sharp, penetrating smell of synthetic perfumes, but it has a rare bouquet scent of pronounced refinement and individuality that lends to apparel and home an exclusive atmosphere and dignity.

Price 60c including tax.

## **TEMPLE INCENSE**

**No. 704**

A combination of various highly aromatic herbs and seeds used by the ancients and superstitious for temple worship, to quiet the mind and place it in a receptive mood for spiritual meditation. The incense is placed on a piece of burning charcoal or on a hot stove.

Price 50c.

## **INCENSE PASTILLES**

**No. 191**

For refreshing the air of a sick room, and for masking unpleasant odors caused by cooking, etc. Furnished in the following odors: Mint, Violet, Oriental Spice, Temple Odor, and Wild Flowers.

Price 25c.

## **ORIENTAL TYPE INCENSE**

**No. 703**

When burned or placed on the back of the stove it perfumes the air. Should be burned in every home where there is sickness or unpleasant atmosphere, for its pleasing scent.

Price 50c.

## **OLD FASHIONED SCENTED BAGS**

A very pleasant perfume, and also a preventive against moths may be made of the following ingredients: Take of cloves, caraway seeds, nutmeg, mace, cinnamon and Tonquin beans, of each one ounce; then add as much Florentine Orris root as will equal the other ingredients put together. Grind the whole well to powder and then put it in little bags among clothes, etc.

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See page 101 for other fragrant botanicals: all plain herbs in 35c & \$1.00 size boxes.

## TEMPTICING PERFUMES

### Beauty and Quality at Common Sense Prices

Ideal for Christmas, Easter, Mother's Day, Valentine and Birthday gifts.

**Fourteen fragrances prepared in  $\frac{1}{2}$  oz. bottles. Price \$1.20 each, tax paid. With beautiful plastic container, \$1.85.**

**American Rose**—Age-old symbol of perfumes.

**Summer Lilac**—True reflection of the original.

**Violet Corsage**—Life-like reproduction.

**Lily of the Valley**—Flowery and wistful.

**Heliotrope Buds**—Fresh appealing scent.

**Southern Blossom of Orange**—Breath of the South.

**Ylang Ylang**—A sweet oriental scent.

**Beseda**—New floral expression.

**Sandalwood**—Subtle woody character.

**Oriental**—Exotic charm of the Orient.

**American Cologne**—Fresh and refreshing.

**Arabia**—Romance of an Arabian Night.

**Oleander Flower**—Rich and subtle.

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**Nine fragrances prepared in 1 oz. bottles. Price \$3.60 each, tax paid. With beautiful plastic container. \$4.25.**

**Tantalure**—Tantalizing and alluring.

**Aroma de Forest**—Rich as a flower in the forest.

**Fragrant Herb**—Spicy and sporty.

**Tempticing**—Tempting and enticing.

**Bells of Heather**—Delicate simplicity.

**Morning Mist**—Fresh as a morning breeze.

**Silent Night**—Peace and quiet of the night.

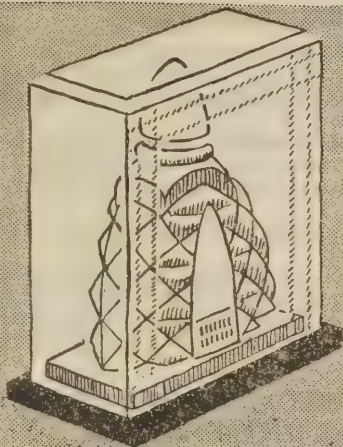
**Fields of Clover**—Symphony of outdoors.

**Cleopatra**—Glamorous.

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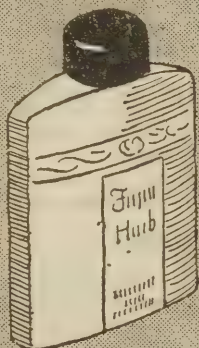
**Celia M**—The luxury perfume. \$4.80 with plastic container.

Have several perfumes in your collection, so that you have a perfume for every occasion.



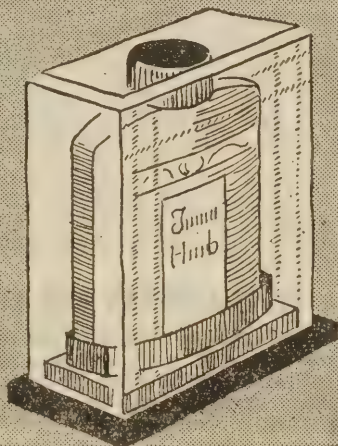
$\frac{1}{2}$  oz.  
perfume  
with plastic  
container  
← \$185  
tax paid

$\frac{1}{2}$  oz. perfume  
\$120  
tax paid →



1 oz. \$360  
perfume  
← tax paid

1 oz. →  
perfume  
with plastic  
container  
\$425  
tax paid





## HERBAL TABLETS

Available at \$1.00 per box.

**Alfalfa.** Believed to have more total vegetable minerals than any other land plant yet known.

**Garlic Tablets.** A much easier form to take than the strong cloves of garlic.

**Gotu Kola.** Source of vegetable minerals.

**Irish Moss.** Source of vegetable sulphur and iodine.

**Kelp.** Sea Weed very rich in vegetable iodine and other valuable minerals.

**Water Cress.** Well known as a natural source of vegetable minerals and vitamins.

## ACTIVATED CHARCOAL ABSORBS OBNOXIOUS GASES INTERNALLY OR EXTERNALLY

Activated charcoal is used in the home, office, factory and hospital to remove unpleasant odors. It is used to sweeten soil, purify water, and countless other ways.

A small amount of activated charcoal taken internally absorbs the obnoxious gases formed by indigestion or fermenting foods. Activated charcoal absorbs the gases that cause flatulence, gastritis, headache, and other painful or uncomfortable conditions. It harmlessly checks over-acidity. Activated charcoal checks the repulsive mouth odors arising from certain foods, upset stomach, and constipation. It is used to remove tobacco, liquor and other breath odors.

A half to a teaspoonful of powdered activated charcoal taken once or twice a day is beneficial in cases of nausea and vomiting, attending pregnancy.

We sell activated charcoal in powdered form at 35c per box, and tablets at 50c per box.

### FOR INDIGESTION

"I feel that I must tell you just how much good your No. 99 Calumet Laxative has done me. I've been bothered with acid-indigestion for years and nothing has reached my condition like your No. 99 taken when needed. I thank God for the day that I began your herb tea. I feel so much better in my digestive tract."—Z.S., Morehead, North Carolina.

Note: Constipation blockage can help cause acid-indigestion, and a nervous refusal to accept from the stomach more food in the intestines, until elimination is effected.)

### BEVERAGE TEA FOR MOTHERHOOD

Instead of tea or coffee, drink Alfalfa tea—it is a rich source for vitamins. Add Peppermint leaves to Alfalfa tea to improve taste. Never make herbal teas in aluminum utensils.

## GARLIC PARSLEY TABLETS

Garlic (*Allium sativum*) belongs to the same family as Onion, Leek, Chives, etc. The whole plant, particularly the bulb, has a very strong, penetrating odor and taste, due to a powerful volatile oil it contains.

Garlic was known and used in ancient Egypt by Romans and Greeks not only as a vegetable or condiment for culinary purposes, but also as a medicine. Many old writers praised the garlic as a medicine and its old name, "Poor Man's Treacle," shows plainly its popularity and reputed usefulness.

Garlic syrup was well known as a home remedy as an expectorant in coughs due to colds or bronchial irritation.

We prepare the "Compound Garlic Tablets with Parsley" from dehydrated garlic and parsley leaves. The latter tend to modify and cover the unpleasant odor of garlic and also serve as a mild diuretic. We are placing this preparation in our catalog following the requests and inquiries of many of our friends and customers.

\$1.00 size boxes.



## PEPPERMINT TEA LEAVES

### Healthful Tea for Young and Old

Peppermint is an age-old health beverage enjoyed by our grandparents, their parents and many generations before them. Even the aboriginal peoples brewed teas from mints found growing in their native lands. Peppermint tea deserves a come-back because of its real merit as table tea. It deserves a place on the modern table because this high-speed and highly stimulated civilization needs soothing and healthful habits more than ever in the history of the human race. The use of Peppermint tea is so harmless that it can be given to babies with colic (one or two tablespoons of warm Peppermint tea, sweetened with sugar or honey). Peppermint tea may be used alone or made in various ways. Lemon may be added—sweetened if desired or added with other healthful tea herbs such as Alfalfa herb (vitamin rich), clover flowers (Indian used tea), Linden flowers (an old European tea).

35c and \$1.00 size boxes.

## HERBAL COMPOUNDS

All of the following preparations can be furnished in the herb tea form. The different herbs, roots, barks and flowers comprising these formulae are compounded in the right proportions, mixed and ready for use. They are nicely cut into small pieces so that with careful investigation one can distinguish all of the different ingredients.

To make a medicinal tea simply take one or two heaping teaspoonfuls of the mixture and place in a cupful of boiling hot water—cover up the vessel and allow to cool, drink one or two cupfuls a day, a large mouthful at a time. Some people prefer to boil the tea for one minute only, so as to extract more of the medicinal virtues of the ingredients.

Some require three or four or more teaspoonfuls of the herb mixtures for the tea to get results. We are not all built alike; some are strong, some are weak. Each individual should, therefore, start with only one teaspoonful of the mixture and gradually increase the quantity.

All of our herb mixtures may be taken freely; they are mild yet efficacious. Order by number only.

**PREPARATIONS WITH CHANGED NAMES—**From time to time the names of some of our preparations are altered or changed for better or more systematic names. The formula numbers, however, are always the same, regardless of any change in the names. Look for the formula numbers as well as the names.

**No. 7—Price, \$1.00 per box.**

Sweet Flag Root	Sassafras Bark of
Jamaica Ginger	Root
Root	Senna Alexandria
Juniper Berries	Leaves
Cloves	Oregon Grape Root
Cubeb Berries	

This is an excellent diaphoretic if taken hot.

Useful to induce free perspiration in common colds.

**No. 8—Price, \$1.00.**

Wild Cherry Bark	Coughwort Leaves
Gum Plant	Hoarhound Leaves
White Pine Bark	

A very good combination of botanicals for use as an expectorant in common colds and resulting coughs. May be used as a tea sweetened with honey for use as a cough syrup.

**No. 10—Price, \$1.00 per box.**

Thousand Seal	German Cheese
Juniper Berries	Plant
Gentian	Rose Pink
Wormwood Leaves	

An old-fashioned Carminative. Useful in Flatulence, Belching, etc.

**No. 11—Price, \$1.50 per box.**

Italian Sage Leaves	Juniper Berries
Stone Root	Wild Strawberry
Colic Root	Leaves
Fennel Seed	German Cheese
Wormwood Leaves	Plant
Gentian Root	

A combination of valuable stomachics. Gives aid to the digestion and helps to expel gases from the stomach.

**No. 12—Price, \$1.00 per box.**

Hop Flowers	Sassafras
Buchu Leaves	German Cheese
Prickly Ash Bark	Plant
Rosemary Leaves	Buffalo Herb

A fine bitter to improve appetite. The main ingredient is Hop Flowers, the same that gives good beer the refreshing and appetizing properties.

**No. 14—Price, \$1.00 per box.**

Kidney Wort	Juniper Berries
Cheese Plant	Rosemary Leaves
German Rue	Sassafras Bark
Dog Grass	Dwarf Elder

The main ingredient of this formula is Dwarf Elder, widely used for ages in various conditions as a diuretic.

**No. 15—Price, \$1.00 per box.**

Rocky Mtn. Grape	Skunk Cabbage
Root	Juniper Berries
Kidney Wort	German Cheese
Yellow Dock Root	Plant
Button Snake Root	Fennel Seed
Rosemary Leaves	

A mild eliminant and diuretic. The ingredients of this herb tea speak for themselves.

**No. 16—Price, \$1.00 per box.**

Black Cohosh Root	Wintergreen
Sweet Fern Twigs	May Apple Root
& Leaves	Fennel Seed
German Cheese	Rosemary Leaves
Plant	Marshmallow Root
Juniper Berries	

The first ingredient of this formula, Black Cohosh, is often one of the main ingredients of a variety of herb remedies, especially sedatives.



**No. 17**—Price, \$1.00 per box.

Kidney-Liver Leaf	German Cheese
Seven Barks	Plant
Blue Chicory Root	Sassafras Bark of
Senna Alexandria	Root
Red Clover Flowers	Horsetail Grass
Boneset Leaves	

This is a very mild *Diuretic*, containing Boneset and other botanicals which gently stimulate the functions of elimination through bowels and urine.

**No. 19**—Price, \$1.00 per box.

Gen. Cramp Bark	Colic Root
Alex. Senna Leaves	Horsetail Grass
Eastern Skullcap	Chicory Root
German Cheese Plant	
An Antispasmodic.	

**No. 20**—Price, 50c and \$1.50.

Pennyroyal	Cloves (Powdered)
Cheese Plant	Rosemary

The properties of this old-fashioned formula are diaphoretic and Carminative. It is as wholesome as ordinary household tea or coffee.

Use hot as diaphoretic.

**No. 21**—Price, \$1.00 per box.

Nerve Root	Hops
Eastern Scullcap	German Cheese
Mex. Damiana	Plant
Gentian Root	

A mild Nervine that is justly popular.

**No. 22**—Price, \$1.00 per box.

Jesuits Fever Bark	Cascara
Jamaica Ginger	Licorice Root
Cloves	

Try this for common colds.

**No. 24**—Price, \$1.50 per box.

Nerve Root	Leave
Fragrant Valerian	Sassafras Bark of
Chocolate Root	Root
Nepeta	German Cheese
Wild Strawberry	Plant

This is a fine old style nervine. The main ingredients are recognized for their value by the old herbal *practitioners*.

**No. 26**—Price, \$1.00 per box.

Celery Seed	Chamomile Flors.
Nepeta Flrs. & Lvs.	

A mild Antispasmodic. Pleasant to take. Useful in many cases of nervous headaches, etc. A very mild herb tea.

**No. 27**—Price, \$1.00 per box.

Sassafras Root	Chickweed
Elder Flowers	Poke Root
Rosemary Leaves	Horsetail Grass
Rocky Mtn. Grape	

Mild Carminative. The ingredients are well known to Herbalists. Sassafras, Poke Root and Horsetail Grass are some of the ingredients of numerous remedies that sell at high prices. We can furnish each ingredient at 35c per box or the complete formula for \$1.00.

**No. 28**—Price, \$1.00 per box.

Gulf Wrack	Nerve Root
Celery Seed	Horsetail Grass
Angelica	

A rather unpleasant tasting tea—but very useful to the experienced herbal physician. May be taken freely. This formula is presented to provide you at moderate cost with botanicals that often are sold in prepared medicines at high prices. We can furnish each ingredient at 35c per box or the complete formula for \$1.00.

**No. 29**—Price, \$1.00 per box.

Blue Vervain	Nerve Root
Chamo-mile Flowers	Valerian
Eastern Blue	Hops
Scutellcap	Catnip
Skunk Cabbage	Ginger
Fennel Seed	Black Cohosh
Mormon Plant	Black Haw

Sedative, anti-spasmodic. Non-habit forming. Most of these ingredients are highly valued to this day.

**No. 30**—Price, \$1.00 per box.

Fringe Tree	Elecampane
Master of the Woods	Wormwood Leaves
Blue Vervain	Water Plantain

A fine combination of Aromatics and Hepatics that have a good influence.

**No. 33**—Price, \$1.00 per box.

Sweet Weed	Buckthorn
Boneset Lvs. and Flors.	Fennel Seed
Flax Seed	Wallwort
	Blue Vervain

A soothing demulcent, laxative. An herb tea that will be found useful in various conditions. Often used as a laxative and for other purposes.

**No. 34**—Price, \$1.00 per box.

Wild Alum Root	Flax Seed
Prairie Plant	Cheese Plant
Indian Sage	Marshmallow Root
Fennel Seed	Buckthorn

Mild Astringent, Carminative, possessing at the same time emollient and laxative properties.

**No. 37**—Price, \$1.00 per box.

Am. Sarsaparilla	Poke Root
Mex. Sarsaparilla	Rocky Mtn. Grape
Hon. Sarsaparilla	Root
Sassafras Bark	Licorice
Black Root	

This is a pleasant aromatic compound of Sarsaparilla. A formula that every Herbalist will recognize.

**No. 49**—Price, 50c per box.

Fennel Seed	Licorice Root
Sweet Weed	Chamomile

The mildest of Carminatives. The only medicinal tea we recommend for children. For Colic and Cramps due to gas.

**No. 54**—Price, \$1.00.

This is a combination of Roots, Barks, and Berries scientifically compounded to produce an agreeable, bracing Elixir, especially appreciated by hunters, trappers and the aged, who are so often exposed to inclement weather and feel the need of a bracer.

Juniper Berries	Herb of the Sun
Sassafras Bark	Mexican Mate
Ginger Root	(Boteka)
Birch Bark	

**No. 55**—Price, \$1.00 per box.

Juniper Berries	Marshmallow Root
Gravel Plant	Couch Grass
Cubeb Berries	Stone Root
Horsetail Grass	

A compound of mild astringents, diuretics and demulcents.

**No. 56**—Price, \$1.00 per box.

Dioscorea	Gentian
Juniper Berries	Rocky Mountain
Bull Nettle Root	Grape
Black Cohosh	Jamaica Ginger
Sassafras	

This preparation increases the appetite and gently stimulates digestion and elimination. Place the entire package in a gallon of liquor of any kind and allow to stand for ten days.

**No. 57**—Price, 50c and \$1.50 boxes.

Italian Sage Leaves	Bearberry Leaves
Low Mullein Leaves	Palmetto Berries
Red Clover Flowers	Gentian Root

Made of the finest Italian Sage. Properties, mild eliminant and carminative.

**No. 77**—Price, 50c and \$1.00 boxes.

Buffalo Herb	Mullein Leaves
Gentian	German Cheese
Juniper Berries	Plant
Corn Silk	Hop Flowers
Wild Yam	Foenugreek Seed
Boneset	Chicory
Rocky Mtn. Grape	

This is an ideal herb tea that furnishes the system with valuable aids. It improves digestion and acts favorably on the process of elimination. Beneficial and pleasant to take.

**No. 99**—Price, 50c per box.

Senna Alexandria	Jamaica Ginger
Senna Tinn	Sweet Weed
Turtlebloom Leaves	Licorice Root
German Cheese	Sacred Bark
Plant	Buckthorn
Fennel Seed	

The best combination of Laxative our experienced Herbalist has been able to compound. An herb tea that has made for us a reputation. Should be in every household.

**No. 112**—Price, \$1.50 per box.

Palmetto Berries	Sweet Fern
Bearberry Leaves	Fennel Seed
Cubeb Berries	Pipsissewa
Juniper Berries	Licorice Root
Althea Root	

The experienced herbal physician will recognize this as a very valuable formula. It is a mild diuretic with emollient and soothing properties.

**No. 116**—Price, \$1.00 per box.

Bugle Weed	Althea Root
Couch Grass	Cheese Plant
Star Root	Mistletoe

A scientific compound of mild Diuretics and Demulcents.

**No. 117**—Price, \$1.00 per box.

Lavender Flowers	Althea Root
Rosemary Lvs.	Thyme Leaves
Cheese Plant Lvs. and Flors.	Virginia Snake Root

Properties: Mild Diuretic. The herbal physician will find many uses for this fine combination.



**No. 120**—Price, 50c and \$1.50 boxes.

Snake Root	Wintergreen Lvs.
Sweet Fern	Wild Yam
Kidney Liver Leaf	Fennel Seed
Juniper Berries	German Cheese
May Apple	Plant

The main ingredient of this remarkable formula is Virginia Snake Root, long used in the household as a home remedy. While rather bitter, it has an agreeable aroma.

**No. 123**—Price, 50c per box.

Queen of the Meadow	Juniper Berries
Black Cohosh	Gentian
Wintergreen	Cheese Plant
Corn Silk	Sassafras, bark of root

Black Cohosh is the most active botanical of this formula. Unlike Black Cohosh when taken alone, this herb tea is very mild and agreeable.

**No. 126**—Price, \$1.00 per box.

Rosemary Leaves	Squaw Vine
Swamp Lily Root	German Cheese
Bearberry Leaves	Plant
Horsetail Grass	

Mild Diuretic and Astringent of many uses. An herb tea comprised of many of the old-fashioned household botanicals. To determine the value of these formulae every person should look up the various ingredients in any book on medicinal value of roots and herbs.

**No. 127**—Price, \$1.50 per box.

Palmetto Berries and extract	Bearberry
Mexican Damiana	German Cheese Plant
Sandalwood	Corn Silk
Juniper Berries	Althea

Similar properties to No. 112 but with more diuretic properties. The main ingredients of this formula are Saw Palmetto Berries and Damiana.

**No. 128**—Price, \$1.00 per box.

Bearberry Leaves	root
Cheese Plant	St. Johnswort
Corn Silk	Horsetail Grass
Sassafras, bark of	Alfalpa

Mild Diuretic and Astringent. One of the main ingredients of this formula is St. Johnswort.

**No. 129**—Price, \$1.00 per box.

Bearberry Leaves  
St. Johnswort  
Catnip Lvs. and  
Flors.

Horsetail Grass  
Cheese Plant  
Angelica Root

Similar to No. 128 but with more astringent properties, therefore more adapted to the elder.

**No. 131**—Price, 50c per box.

Mormon Valley  
Plant  
Black Cohosh  
Licorice

Wild Cherry Bark  
Gentian  
Fennel Seed  
Boteka Lvs.

A strong Astringent with remedial properties. An herb tea of many uses. May be used externally as a wash for cuts, bruises and minor skin irritations. Look up the various ingredients in any good book on medicinal botany.

**No. 132**—Price, \$1.00 per box.

Swamp Lily Root  
Marshmallow Root  
Bearberry Leaves  
Cheese Plant  
Sassafras, bark of

root  
Buchu Leaves  
Horsetail Grass  
Corn Silk

Mild, soothing Demulcent and Diuretic, very pleasant to taste and of many uses. One of our best sellers.

**No. 134**—Price, \$1.50 per box.

Asclepias  
Coughwort

German Cheese  
Plant  
Wild Cherry Bark

A very fine combination of American Botanicals, most of which are of Indian origin. Any Herbalist should recognize the value of this herb tea.

**No. 137**—Price, \$1.00 per box.

Juniper Berries  
Sassafras Bark  
Gentian  
Wild Clover Tops  
Hoarhound Leaves

Fennel Seed  
Wormwood Leaves  
Rosemary Leaves  
German Cheese  
Plant

This herb tea was popular in the late Eighteenth Century and is still having a good sale. It is a mild diaphoretic. It will find many uses.

**No. 138**—Price, \$3.00 per box.

Golden Seal Root  
Marigold Flowers  
Red Clover Flowers  
Strawberry Leaves  
Linden Flowers

Colic Root  
Marshmallow Root  
Fennel Seed  
Solomon's Seal  
Wild Cherry

A soothing demulcent and stomachic. Very few botanic formulas can beat this. Golden Seal, one of the main ingredients, has long enjoyed well-deserved popularity.

**No. 150**—Price, \$1.00 per box.

Red Clover Flowers	Sassafras, bark of
Blue Vervain Lvs.	root
and Flowers	Anise Seed
Nerve Root	Buckthorn

The main ingredient of this formula is Red Clover Flowers. It may be taken freely wherever the therapeutic properties of this article are indicated. The herbal physicians will recognize the value of this formula.

**No. 182**—Price, \$1.00 per box.

Active Ingredients: Tormentilla, Veronica, Chamomile Flowers, Lungwort, Hoarhound, Celandine.

Prepared according to the well known old Bohemian formula that had been in use for generations in the old country. A mild expectorant if taken as a cold infusion and if taken hot, its action is decidedly diaphoretic.

**No. 201**—Price, \$1.00 per box.

Sassafras, bark of	Tinn. Senna Lvs.
root	Fennel Seed
Red Clover Flowers	Anise Seed
Turtlebloom Leaves	

This is one of the Old-Fashioned Spring herb teas. It has been handed down from generation to generation and is without doubt a valuable formula. Its action is slightly laxative.

**No. 203**—Price, \$1.00 per box.

Elder Flowers	German Cheese
Rocky Mt. Grape	Plant
Root	Mullein
Juniper Berries	Turtlebloom Leaves
Anise Seed	Marshmallow Root
Fennel Seed	Coltsfoot

The history of this herb tea dates back to the days of the benevolent old Pastor Kneipp of Bavaria. We have improved the original formula by addition of a few botanicals of Indian origin. It is still sold in foreign countries under another name. Judge of the formula by the ingredients.

**No. 219**—Price, \$1.00 per box.

Huckleberry Lvs.	Licorice
Globe Flower, bark	Juniper Berries
of root	Mistletoe
Sassafras	

Globe Flower, one of the main ingredients of this formula, has been recognized by the U. S. Dispensatory.

**No. 220**—Price, \$1.50 per box.

Viburnum Squaw	German Cheese
Bush	Plant
Palmetto Berries	Bearberry Leaves
Swamp Lily Root	Althea
Beth Root	Black Haw
Mex. Damiana Lvs.	Wild Cherry

An old recognized formula still in use particularly by women.

**No. 221**—Price, \$1.00 per box.

Coltsfoot	German Cheese
Nettle Leaves	Plant
Fennel Seed	Yerba Santa
Juniper Berries	Iceland Moss

Another of the benevolent old Pastor Kneipp's cherished formulae slightly improved with certain Indian botanicals. Try it as an expectorant for coughs due to colds.

**No. 223**—Price, \$1.50 per box.

Linden Flowers	Saffron Flowers
Blue Mallow Flors.	Calendula Flowers
Mullein Flowers	Red Clover Flowers

A truly remarkable herb tea, composed entirely of flowers recognized by all herbalists for their demulcent and emollient properties.

**No. 226**—Price, \$1.00 per box.

German Rue	Sweet Flag
Swamp Lily	Jamaica Ginger
Bearberry Leaves	Prairie Plant
Squaw Weed	Black Cohosh
Sweet Balm	

Antispasmodic and Carminative. A combination that we prize among our best formulae.

**No. 227**—Price, \$1.50 per box.

Celery Seed	Bearberry Leaves
Angelica Root	Juniper Berries
Gentian Root	German Cheese
Sacred Bark	Plant
Marshmallow Root	Buffalo Herb Lvs.

A well-known compound. Advertised so extensively it needs no comment. Properties: Carminative and Demulcent.

**No. 300**—Price, \$1.50 per box.

German Cheese	Amer. Sarsaparilla
Plant	Marigold Flowers
Sassafras Pith	Rosemary Leaves
Sassafras Bark	Fennel Seed
Juniper Berries	Yellow Root
Althea Root	Bearberry Leaves

A nice, clean and beautiful looking herb tea. Properties: Mild Diuretic, Demulcent and Carminative.

**No. 331**—Mistletoe Comp., \$1 per box.

This well-known tea contains among other ingredients the following valuable botanicals:

- Imported European Mistletoe (twigs and leaves)
- Sassafras, bark of root
- Marshmallow Root
- Imported Anatolian Licorice (root)



The value of this tea depends largely on the action of the Mistletoe which is reputed to be a mild diuretic and hypotensive. European Mistletoe is used by modern physicians to lower blood pressure in functional cases and to relieve headaches and dizziness associated with high blood pressure. However its use for this purpose should only be made under the direction of a physician.

**No. 409**—Price, \$1.00 per box.

Gen. Cramp Bark	Beth Root
Squaw Vine	Blue Mallow
Yellow Poplar Bark	Black Haw Bark
Star Root	German Cheese
Alex. Senna	Plant
Tinn. Senna Leaves	

Similar in the therapeutic value of the Formula No. 220 and used for the same purposes, except that it is slightly laxative and antispasmodic. A very good formula.

**No. 410**—Price, \$1.00 per box.

Gen. Cramp Bark	Fennel Seed
Blue Cohosh	Sassafras, bark of
Spignet	root
Squaw Vine	

Antispasmodic. Very mild and therefore well adapted to use by delicate women.

**No. 411**—Price, \$1.00 per box.

Gen. Cramp Bark	Jamaica Ginger
Swamp Cabbage	Black Cohosh
Blue Skullcap	

Antispasmodic. More active than Formula No. 410. Composed of well-known botanicals for the purpose.

**No. 555**—Price, 50c per box.

Mandrake	Cascara
Elm	And Aromatics

A quick cathartic, whose acrid principles have been modified with excellent demulcents and aromatics. A tea that will stir up the sluggish bowels.

**No. 600**—Price, \$1.50 per box.

Yellow Dock Root	Marshmallow Root
Red Clover Flowers	German Cheese
Stillingia Root	Plant
Poke Root	Tinn. Senna Leaves
Prickly Ash Bark	Sassafras, bark of
Rocky Mt. Grape	root
Root	Am. Sarsaparilla
Elder Flowers	Root

A mild Alterative. A scientific blend of twelve different botanicals in which Yellow Dock predominates. A very fine herb tea. Yellow Dock is one of the botanicals richest in organic iron.

**No. 601**—Price, \$1.00 per box.

Anise Seed	Golden Seal Root
Fennel Seed	Gum Myrrh
Gentian	Jamaica Ginger

Golden Seal is the principal active agent of this tea.

**No. 604**—Price, 50c per box.

Eastern Blue	Nerve Root
Skullcap	Lucerne
Mint Blossoms	

A mild soothing Calmative preparation. Beneficial and non-habit forming. One of our best. Its mild sedative influence aids in inducing sleep.

**No. 666**—Price, \$2.00 per box.

Echinacea	Rocky Mt. Grape
Prickly Ash Bark	Root
Poke Root	Marshmallow

Alterative. Many other preparations contain mainly one or more of these simple ingredients.

**No. 700**—Price, \$1.00 per box.

Boneset	Goose Grass
Sweet Flag	Wild Ginger
Sassafras Root	Thyme Leaves
Juniper Berries	

A Mild Carminative if taken as a cold infusion. Taken hot its action is decidedly diaphoretic.

**No. 712**—Price, \$1.00 per box.

TOBACCO HABIT SUBSTITUTE—Take about a teaspoonful of Archangel Root, ground fine and place it in your cheek, the same as you would a plug of tobacco, but swallow the juice. This is a good substitute for tobacco, both chewing and smoking.

**No. 777**—Price, \$2.00 per box.

Lily of the Valley	Gentian
Black Cohosh	Wild Strawberry
Valerian	Mistletoe
Wild Cherry	

The ingredients of this remarkable formula speak for themselves.

**No. 789**—Price, 50c per box.

May Apple	Licorice Root
Vegetable Charcoal	Rocky Mountain
Sacred Bark	Grape Root
Culvers Root	Sulphur

This preparation is of excellent service in conditions arising from inactivity of the bowels.

**No. 790—Price, \$1.00 per box.**

Liverwort	Rocky Mountain
Turtlebloom	Grape Root
Licorice	Bittersweet Twigs
Marshmallow	Hop Flowers
German Cheese	Fennel Seed
Plant	

If you will judge this preparation by its ingredients, no more need be said of its value. Its action on the bowels is mild, and many persons use our No. 555 Cathartic Tablets or Epsom Salts to clean out the bowels after this herb tea has done its work.

**No. 804—Powders, \$1.00 per box.**

Goose Grass	Boldo Leaves
Elm Bark	Russian Licorice
Sassafras Bark	

A finely powdered combination of botanicals which are demulcent and stimulants in action.

**No. 904—Texan-Boteka Tea, \$1.00.**

Buffalo, Boteka, Peppermint in a very good tonic blend.

**No. 999—Price, \$1.50 per box.**

Rocky Mt. Grape	Jamaica Ginger
Gentian	Anise Seed
Marshmallow	Thyme
Sacred Bark	Juniper Berries
Turtlebloom	Colic Root
Yellow Root	Bearberry Leaves
Fennel Seed	Buffalo Herb

Improves the appetite.

**No. 1000—Price, \$1.50 per box.**

Red Clover Flowers	Alex. Senna Leaves
Blue Flag Root	German Cheese
Buffalo Herb	Plant
Juniper Berries	Blue Gentian
Rocky Mt. Grape	Wintergreen
Tinn. Senna Leaves	

Mild Alterative and only slightly laxative. A fine herb tea.

**No. 1050—Price, \$1.00 per box.**

This herb tea is reputed to alleviate simple indigestion, loss of appetite and impaired function of digestive organs in general, acting as a simple bitter tonic. Its ingredients are:

Buckbean	Dalmatian Sage
Imported European	Wormwood
Centaury	

This "Bitter Herb Tea," the old fashioned "Species Amarae" as the name implies has a pronounced bitter taste. It was always a favorite remedy of the old folks in Europe and here, and it served to and survived many generations being still in actual demand for its merit.

**No. 1051**—Price, \$1.00 per box.

A very effective herb tea containing:  
Benedict Thistle                      Linden Flowers  
Boneset                                  Cascara Bark  
Elder Flowers

This herb tea can be used to advantage as a diaphoretic in common colds and a dependable home remedy. It will produce a copious perspiration, promote the expectation and bring decided benefit due to the known virtues of Boneset, Cascara, Elder and Linden Flowers.

**No. 1052**—Price, \$1.00 per box.

An herb tea composed of:  
Valerian                                  Viburnum  
Vervain                                  Mistletoe  
Catnip                                    Cinnamon

This is a helpful palliative and sedative agent, especially appreciated by women at periods when a sedative is needed.

**No. 1053**—Price, \$1.00 per box.

Mandrake                                  Senna  
Cascara                                    Althea

A prompt acting mixture of strong cathartics known for their efficient action. When a powerful laxative is needed—try this tea.

**No. 1054**—Price, \$1.00 per box.

Pipsissewa                                  Cleavers  
Juniper Berries                          Broom Tops  
Buchu Leaves

Contains the best diuretics of well known virtues and beneficial action in promoting the process of elimination of the urinary passages.

**No. 1055**—Price, \$1.00 per box.

Triticum                                    Hops  
Cubeb Berries                          Uva Ursi  
Herniaria

The mild but very definite astringent and soothing action checks the undue irritation and weakness of the urinary organs, the cause of frequent night urinating or bed wetting of the children.

**No. 1060**—Price, \$1.00 per box.

Echinacea                                  Sassafras  
Condurango                                  Stillingia

Has beneficial effects on digestive and eliminative process, checking thus the development or existence of sickly conditions resulting from lack or faulty process of normal elimination.

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All plain botanicals in 35c & \$1.00 size boxes.



## GETTING THE MOST OUT OF BOTANICALS

Many Medicinal Preparations, Flavoring Herbs, or Tea Herbs have been wasted or spoiled, simply because the user did not prepare them, or use them to best advantage. This naturally discourages many people from trying botanicals again.

As most botanicals are mild in action **IT IS IMPORTANT THAT THEY BE GIVEN SUFFICIENT TRIAL FOR RESULTS.**

See your doctor for conditions which logically require his attention.

Certain botanicals **MUST** be prepared right and administered correctly in order to derive benefits. For instance:

Boneset herb is an old pioneer and Indian medicine for congestion miseries colds. A **HOT** infusion was generally taken upon retiring to induce perspiration. In the morning the **COLD** infusion of Boneset was taken as mild laxative.

Powdered Slippery Elm bark is soothing and promotes healing to common irritated conditions of the bowels when taken as an enema. Slippery Elm is useless however, if bowels are not flushed before injection of botanical solution.

Chamomile or Sage are prepared like Chinese teas when used as a beverage. As a medicine they are made into a stronger infusion. As a hair application they must be used as strong decoction.

A weak infusion of Hops removes the aromatic properties. A stronger infusion of Hops removes the bitter tonic principle—a decoction removes the astringent properties.

### TO MAKE MEDICINAL INFUSIONS OR DECOCTIONS

Medicinal botanicals may be prepared in several ways, but are generally taken as an infusion or decoction. Infusions (or teas) are made by **POURING** hot water over the botanical, and allowing it to steep. Leaves, flowers and thin materials are prepared as infusions. Decoctions are made by **BOILING** the botanical in water until virtues are extracted. Hard materials, such as barks, roots, chips, seeds, etc., are prepared in decoctions.

Enamel or glass vessels should be used in preparing infusions or decoctions. Keep saucer over cup in which infusion is steeping: Keep cover over vessel in which decoction is boiling.

### USING POWDERED BOTANICALS

Macerate or make paste with small amount of the ingredient (water, milk, oil, fat, etc.) in which powder is intended to be mixed with **BEFORE** it is added to whole.

## TO FLAVOR MEDICINAL TEAS

Nature in her wisdom, has provided us with aromatics which improve the taste and efficacy of many herbal preparations. Among the most valuable of these are Fennel, Anise, Cloves, Cinnamon, Sassafras, Wintergreen, Peppermint, Sweet Flag, Sweet Fern, Catnip. One teaspoonful of any of these aromatics may be steeped with one teaspoonful of any other herb in a cup of boiling water for thirty minutes. Two or more of these aromatics may be mixed together to produce any special flavor desired. If an herb tea is very bitter or disagreeable it should be diluted with water. It is better to take a large dose of a weak tea than a small dose of a strong tea.

## TO MAKE HERBAL WASH

Wash may be made fairly strong. Use more herb or less water, according to strength and amount of liquid wash desired. Full strength of an herb or flower is generally exhausted after 15 to 20 minutes boiling. Roots and barks require longer boiling. Allow herb or roots to steep in liquid until lukewarm or cool.

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We sell botanicals from the world over. To assure freshness, many are grown in our own gardens. All plain botanicals in 35c & \$1.00 size boxes.

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## TO MAKE HERBAL SALVE

Melt lard or lanolin, add ingredient and simmer slowly until strength is removed from herb, root or flowers. For stronger salve strain off herb or root, add fresh ingredient and simmer again. Process may be repeated until desired strength is obtained.

## TO MAKE TEA OF HERBS

Teas are prepared like chinese teas. Lemon, honey, maple sugar, etc., may be added to taste. Place saucer over tea-cup while herb is steeping, in order to preserve as much of the aromatic properties as possible. The novice should begin with a weak tea, and increase strength until the desired taste is obtained.

## TO FLAVOR FOODS WITH HERBS

A PINCH of dried herb is usually sufficient for medium size food portions. (2 or 3 people). Season SPARINGLY until you know the strength of the flavoring herb.

LONG COOKING dissipates aromatic oils and the flavor of herbs. For foods requiring long cooking, sprinkle herbs on food an hour or less before removing from fire. For soups and stews use bouquet garni (herb tied up in cheese cloth with string attached, so it may be removed when desired).

## SPICES AND CULINARY HERBS

*Allspice.* Used for flavoring cakes, frostings, puddings, soups, jellies, sauces, pickles, chow-chow, piccalilli, etc. It is often used with cloves, nutmeg and cinnamon.

*Asafoetida.* Used as a condiment in Balkan States.

*Bay Leaves.* Used with soups, stews, beef roasts, gravies, sauces, pickles, etc.

*Canella Bark.* Often known as "white cinnamon" and used similarly. Cut or powdered form.

*Cassia Buds.* Used in pickling and pot-pourris.

*Cayenne.* A pinch will "pep up" barbecues, sauces, etc. Whole dried pods or powdered.

*Cinnamon.* Powdered, cinnamon is used in apple sauce, apple and pumpkin pies, cakes, bread, toast, rolls, spiced fruits, etc. Whole sticks used in pickling. Powdered, cut or sticks.

*Cloves.* Used in cooking apples, apple pie, ham, spiced fruits, chow-chow, piccalilli, watermelon rind, cucumber pickles. Whole or powdered.

*Dill Herb.* Used for pickling, in beef sauce, boiled fish, bean soup, etc. Young leaves are used for seasoning salads, also stirred in mayonnaise.

*Garden Burnet.* Fresh, cucumber like scented leaves used in soups, salads and cooling drinks.

*Garden Marjoram.* Often used in dishes with thyme or used alone in dishes listed under thyme. It should not be cooked too long.

*Garlic.* Adds a delicious mild flavor to salads when rubbed on salad bowl. Excellent with pork or beef. May be rubbed on meat or small pieces may be inserted.

*Hyssop.* Fresh tips used in salads to impart bitter taste.

*Jamaica Ginger.* Powdered root used in cakes, bread (ginger), baked fruits, relishes, pumpkin pies and spiced pears, etc. Powdered or cut.

*Mace.* This is more delicate in flavor than nutmeg. It is the outer covering of the nutmeg kernel. Used like nutmeg.

*Nutmeg.* Used in baking, spicing fruits, etc.

*Oregano.* Used to flavor soups, stews, omelettes, creamed vegetables, salads.

*Paprika.* This gives that sweet flavor to so many Hungarian dishes.  
This herb is rich in Vitamin C.

*Peppercorns.* One or two berries used with beef, pot roast, corned beef, gravies, in pickling, etc.

*Rosemary.* Seasoning creamed soups, salmon soufflé, stuffings for fish, and fruit cups. Also used with lamb, veal, beef, ham dishes, duck and rabbit.

*Sage.* Used for pork, sausage, poultry dressing and tomato dishes.

*Spearmint Leaves.* Used to flavor mint juleps, iced drinks, chewing gum, jelly, a dash over peas, new potatoes, mint sauce, etc.

*Summer Savory.* Used sparingly on lima beans, dried beans, string beans, peas, veal, pork and poultry dressing. Cook herb with foods.

*Sweet Basil.* May be used in sauces, salads, tomato dishes and spicy vinegar. It is often used with Tarragon. In dry form, it is used in flavoring sausage. For soups and stews, basil in dry form may be put in small cloth bag so it can be removed before serving.

*Tarragon.* Tarragon vinegar is made from this herb. Its flavor is perfect for sauces and pickling. Used also in meat, stews, soups and salads.

*Thyme.* Used with beef, pork, mutton, game, poultry, stews, soups, dressings, sauces, gravies, pickles, vegetables, etc. Dishes which require long cooking should not be flavored with Thyme until about an hour before the food is finished cooking.

*Turmeric.* Powdered roots used as condiment in curry powders and as yellow coloring. Whole root used as pickling. Whole or powdered.

*Vanilla.* Recipe for extract. To one pint of good brandy, cut up  $\frac{1}{2}$  ounce of Vanilla beans and 1 ounce of tonka, bruised; add these to the brandy and let it digest for 2 weeks, frequently shaking. Then filter carefully and it is ready for use.

## BOTANICALS USED IN CONFECTION

*Horehound.* Steep 1 oz. of the herb in  $\frac{3}{4}$  pint of boiling water for half an hour. Strain and add 1  $\frac{3}{4}$  lbs. of brown sugar; boil over a brisk fire until it hardens in cold water, then pour out onto greased plates and cut into squares.

*Licorice Root.* Used to flavor cough-drops and candies.

*Tonka Beans.* Used like or as a substitute for vanilla in candy, cocoa, ice cream, etc.

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All spices and flavoring herbs sold only in 35c and \$1.00 size boxes.



## SAVORY SEEDS

The general uses mentioned with savory seeds are by no means complete. They may be used with any food where the flavor of a particular seed is desired. We can supply any seed listed at 35c per box each.

**Anise.** Used in flavoring cookies, pastries, soup, beets, salads, liqueurs and cordials.

**Caraway.** Used in flavoring roast goose, duck and pork; bakery, black bread, salt rolls and sticks; cottage cheese, cheeses, sauerkraut, roast apples, Hungarian goulash, etc.

**Cardamon.** Used in flavoring cookies, cakes, candies, curry powders and liqueurs. It is said the Syrians use one or two of these highly aromatic (whole) seeds with coffee.

**Celery.** Used in flavoring catsup, pickles, soups, French dressings, salads, sauces, gravies, cabbage and beet dishes.

**Coriander.** Used in flavoring bakery pastries, confections, sausage, pickles, cordials, liqueurs, etc.

**Cumin.** Used in flavoring liqueurs, pastries, baking, soups, salads, meats, cheese, sauerkraut and spicy dishes.

**Dill.** Used in flavoring vinegar, pickles, sauces, gravies, soups, fish, etc.

**Fennel.** Used in flavoring black bread, sauerkraut, soups, fish, and sauces.

**Mustard—Black or White.** The Black Mustard Seed is stronger than White. They are used in sauces, pickles and curry powders. Ground Mustard Seed is particularly fine with Sage when rubbed on pork roast.

**Poppy.** Used on cookies, cakes, bread, rolls, etc.

**Sesame.** Used on cookies, bread and confections.

## CULINARY HERB COMBINATIONS

All ingredients of following combinations consist of fresh and finest quality materials. Price 35c per each box.

- A-1. Poultry Stuffing Herbs**, may also be used on pork roast and with tomato dishes.
- A-2. Spice Herbs for Vinegar**, for salad dressings and sauces.
- A-3. Mint Combination**, for vinegar and sauces.
- B-1. Curry Powder**, Pepper and Turmeric predominating flavor.
- B-2. Strong Curry Powder**, with Ginger, Mustard, Pepper and Turmeric.
- B-3. Gravy Herbs**, delightful blend with celery, nutmeg and bay.
- C-1. Sage Mustard**, for flavoring or making Sage Mustard.
- C-2. Spiced Mustard Flavor**, contains Tarragon and other spicy herbs.
- C-3. Celery, Spiced Mustard Flavor**.
- C-4. Celery, Salt Compound Flavor**, for meat, gravies, stew, soups and fish.
- C-5. Chili Herb Powder**, peppery blend for meat and tomato dishes.
- C-6. Catsup Spices**, may also be used for making spiced vinegar.
- C-7. Catsup Spices**, milder than C-6.
- C-8. Sweet Pickle Flavor**, for pickling and spicing fruits.
- D-1. Cookie Flavor**, used for centuries in Europe for holiday cookies. Anise predominating.
- D-2. Cookie Flavor**, Ginger flavor predominating.
- D-3. Cookie Flavor**, Cardamon flavor predominating.

**Aux Fines Herbs**, for roast meats, chopped meats and sauces.

**Savory Herbs**, for soups, stews and gravies.

## UNIVERSAL HERB SEASONING

This is a combination of Sweet Basil, Sweet Marjoram, Thyme and Summer Savory. A mixture that gives that pleasing appetizing touch to all gravies, meats, fish, vegetables and soups. This combination is hard to beat. Some dishes as vegetables, require just a pinch—meats and fish can stand more. It is without a doubt the most useful all around flavor we have.

Price 50c per box.

## HERBS. USED AS TEAS

*Alfalfa Leaves.* Vitamin and mineral rich. Flavor may be improved by adding Peppermint leaves.

*Bee Balm or Oswego Tea.* An Indian tea still used by country folks in northern New England.

*Blue Mountain Tea.* A wonderful and harmless substitute for China teas.

*Boteka Leaves.* Refreshing tea of Mountain regions of Mexico.

*Catnip.* An old fashioned tea served with lemon. The sweetened tea is also given to colicky children. Lindley states that the tea is in "great repute among the poor."

*Chamomile Flowers.* One of the finest and most beneficial of all teas. It helps check fermentation and flatulence, and is very soothing. A little ginger or liquorice added improves flavor.

*Chicory,* roasted. Used to give body to coffee, or used alone as a coffee substitute. Roasted Chicory imparts a rich flavor and smoothness when mixed with coffee.

*Clover Flowers.* Healthful. Improve with Alfalfa and Peppermint leaves.

*Coffee. Substitutes.* Roasted barley, hulled wheat, soy beans, hulled rye, rice, Canada peas, etc. In India the roasted seeds of Job's Tears are used as coffee.

*Dandelion.* Roasted roots used by the English as a substitute for coffee, or mixed with coffee.

*Elder Flowers.* Used with Peppermint leaves for Flu.

*Garden Sage.* A very old and popular tea—it is often flavored with a pinch of mace, cinnamon, lemon or rum. Many prefer the tea sweetened with honey or maple syrup.

*Guarana.* Most stimulating of all beverages. Served hot, cold or carbonated.

*Indian Mint.* Native American tea used by Indians wherever herb was found. Flavor similar to Pennyroyal.

*Labrador Tea.* Gathered by northern Indians and used as a winter tea.

*Lemon Verbena Leaves.* Makes a delicious hot tea with lemon-lime fragrance. This tea originates from Chile. A few Verbena leaves added to Chinese tea gives it a delightful variation.

*Lime Flowers.* Old European tea. Hot tea before retiring invites restful sleep. Flavor with lemon—sweeten with honey or brown sugar.

*Marjoram.* A pinch of this herb adds variety to Chinese tea. Marjoram is also used as tea with lemon and sugar.

*Melissa.* Old European tea with lemony scent and flavor.

*Mormon Valley Herb.* Favorite tea of Cowboys.

*New Jersey Tea.* Tea substitute used during Revolutionary days.

*Parsley Leaf Tea.* Served as healthful tea in place of coffee and Chinese tea.

*Pennyroyal.* Old Pioneer Tea. Often given to colicky children and children with colds. Sweetened with sugar or honey.

*Peppermint Leaves.* An old time favorite for young and old. May be given to colicky babies.

*Raspberry Leaves.* Old European tea generally taken by women during pregnancy.

*Sassafras Root Bark.* A very old spring-time favorite. Sweeten if desired. Boil Sassafras 10 minutes.

*Spice Bush Twigs.* Still used by many old folks living in the hills of Kentucky, Tennessee and Ozarks. The tea is fragrant, spicy and pleasant. Steep twigs 10 minutes or longer, in boiling water.

*Sumach Berries.* (*Rhus glabra*). Used to make acidulated beverage.

*Thyme.* A pinch of this herb adds pleasant variation to Chinese tea. May also be added to Alfalfa, Clover, Linden, Parsley leaf teas.

*Wild Ginger.* Used by Indians generally after over-indulgences of food or questionable foods that have caused them discomfort.

*Wild Strawberry Leaves.* An excellent substitute and flavor similar to China tea.

*Wintergreen Leaves* (or Teaberry). An old pioneer tea.

*Yerba Buena.* A rather rare little vine used in Northwest where found.

*Yerba Mate.* "Produces mere mental exhilaration, bodily comfort and refreshment, with no subsequent organic physical destruction—it quenches thirst, has nourishing properties, appreciated by the humble laborer as well as by those of culture" (from *Commodities of Commerce Series No. 4*). This South American tea is rapidly gaining favor over the world.

Yerba Mate sold in 35c and \$1.25 size boxes.

Other teas sold in 35c and \$1.00 size boxes.



## BOTANICALS USED IN BEVERAGES, BEER, WINES, LIQUEURS

*Angostura.* Recipe for bitters: Angostura bark, 4 oz; Chamomile flowers, 1 oz.; Cardamon  $\frac{1}{4}$  oz.; Cinnamon bark,  $\frac{1}{4}$  oz.; Orange peel, 1 oz.; raisins, 1 lb.; proof spirit  $2\frac{1}{2}$  gal.; Macerate for a month, press and filter.

*Borage.* Fresh, star-like blue flowers used in cool tankards.

*Garden Burnet.* Gerard wrote, "this herb being put into wine yieldeth a certaine grace in the drinking." Coles wrote, "Burnet is a friend to the heart, liver and other principal parts of a man's body; two or three of the stalks with leaves put into a cup of wine, especially french wine, as all know, give a wonderful fine relish to it, and besides is a great means to quicken the spirits, refresh the heart and make it merry, driving away melancholy."

*Gentian Root.* Used in "Enzian," popular German bitters.

*Ginger.* Ginger ale, ginger beer and as an ingredient in liqueurs.

*Grains of Paradise.* Aromatic seeds used to give a false strength to beer and other liquors.

*Ground Ivy.* Formerly much used in brewing and for clarifying malt liquors.

*Gum Mastic.* Used by the Turks in making of a liqueur known as "Raki."

*Hops.* Used in manufacture of beer.

*Juniper.* Used with other aromatic botanicals to flavor gin. Holland Gin made similarly excepting that it also contains celery seeds to make more mellow liqueur.

*Kava Kava.* Used in Pacific islands to make beverage used in religion and social life.

*Nettle.* Used to make a type of English Beer.

*Root Beer.* Popular beer of the "eighteen eighties." Root Beer Recipe: "Gather a half bushel of spruce boughs, sassafras roots sarsaparilla roots, sweet fern leaves, wintergreen leaves, black birch bark, black cherry bark, dandelion and yellow dock roots. Boil in 6 gallons of water with a large handful of hops and a quart of wheat bran. Strain through a sieve, turn in three quarts of molasses and, if very strong, add a gallon or two of cold water. When cool put in  $\frac{1}{2}$  pint of yeast and when it begins to work, make a very slight vent for the escape of gas. In three days it will be ready for use. Excellent and healthful."—from 1887 cook book. NOTE: Recipe may be greatly reduced and with dried botanicals. Use equal parts of dried mixtures. Some root beer recipes add sarsaparilla and spikenard roots.

*Saffron.* Used to color liquors.

*Sarsaparilla.* Flavoring agent, Sarsaparilla beer, Sarsaparilla Mead.

*Sassafras Bark.* Flavoring agent, Sassafras Mead.

*Sloe Berries.* Sloe Gin.

*Spruce Beer. Recipe:* Put into a large kettle 5 gals. of water, 2 oz. of Hops, and  $\frac{1}{2}$  teacupful of ginger. Boil them together till all the tops sink to the bottom, then dip out a bucketful of the liquor and stir into it three qts. molasses and 2 oz. of essence of spruce. When all is dissolved mix it with the liquor in the kettle; strain it through a fine sieve into a cask; and stir well into it  $\frac{1}{4}$  pt. of good strong yeast. Let it ferment a day or two, then bung up the cask and bottle the beer the next day. It will be fit for use in a week. For the essence of spruce you may substitute 1 lb. of the outer sprigs of the spruce fir, boiled ten minutes in the liquor.—from an old recipe book.

*Tamarind.* The pulp of this fruit makes the most thirst satisfying beverage known in deserts, tropics or other hot climates. *Recipe:* Remove outer shell, pour boiling water over pulp and allow to stand until cold, then strain and ice. Sweeten if desired. Flavor and laxative properties are improved by adding a little pulp of Cassia fistula.

*Woodruff.* A few branches added to dry white wine to make German May Wine.

*Wormwood.* Used with Cardamon, Angelica, Fennel seed and other aromatic botanicals in making Vermouth.

*Miscellaneous Botanicals Used In Flavoring Liqueurs and Cordials.* Coriander, Anise, Caraway, Fennel, Cardamon, Angelica, Orris, Licorice, Calamus, Cassia, Allspice, Star Anise, Spicewood Berries, Tonka and many other aromatic or flavorful berries, roots, barks and leaves.

## **BOTANICALS USED TO COLOR FOODS, COSMETICS, etc.**

*Annatto.* Almost tasteless seeds used to color butter, margarine, cheese, soups, rice, etc.

*Chlorophyll.* An absolutely harmless bright green color used in candies, cakes, cookies, etc. Price 50c.

*Red Sanders or Red Saunders.* Used for coloring tinctures.

*Saffron.* Generally used to give poultry, meats, certain salads, etc., a golden hue.

*Turmeric.* Coloring mainly for curries. Also used to dye a paper yellow for testing alkaloids and boric acid.

## BOTANICALS USED IN DIETS

*Agar Agar.* Used in China and Japan in jellies, soaps, sauces, etc. In the United States it is much used in cream fillings, frostings, etc., in bakeries. Used in manufacture of ice cream, candy, cheese, mayonnaise, jellies, desserts as well as many industrial uses.

*Arrow Root*, powder. For children after weaning and for delicate persons during convalescence in the form of a jelly made by boiling a little and flavoring with sugar, lemon juice, fruit jellies, etc., Excellent in diet during recovery from bowel complaints, fevers, etc.

*Iceland Moss.* Used like bread by Icelanders. Rich in lichen starch. An easily digested gelatinous broth is made by boiling in milk or water. Iceland Moss has tonic properties, if first water or milk in which it is boiled is used. Second boiling renders it merely nutritious.

*Irish Moss.* (*cut*) Boiled in water, it forms a stiff mucilage containing considerable vegetable sulphur, traces of iodine and other minerals. As Irish Moss contains no sugar or starch it is a valuable nutritive for diets. The pectin of Irish Moss is useful in soups, custards, puddings, cold sweets, jellies and where thickening is desired.

*Kelp.* Used like salt or in tablet form for its rich vegetable mineral and iodine content.

*Sago Root* (pwd.). A nutritious starch obtained from certain palms and cycads.

*Saint Johnsbread* or Carob Flour. Used as an ingredient in candies, cakes and bread, for its delicious date-like flavor. Carob flour mixed with starch is used as a "home remedy" for babies with diarrhea.

*Slippery Elm* powd. An excellent tea for irritation of mucous membrane of the stomach and intestines, gastritis, gastric catarrh, mucous colitis and enteritis, being tolerated by the stomach when all other foods fail. The tea is soothing for coughs in bronchitis, bleeding from the lungs and consumption.

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## SIMPLE INSOMNIA

Cut out tea and coffee and take the following herbal mixture: A half ounce of Passion Flower to one ounce each of Scullcap, Mistletoe and Valerian. Pour on these herbs three pints of boiling water. When cold strain. Drink a wineglassful after meals and at bedtime. Sleeplessness may soon vanish and better nerve balance be restored.

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All plain herbs sold in 35c and \$1.00 size boxes.

## BOTANICALS USED FOR LAXATIVE EFFECTS

*Agar Agar* (powdered). Bulk-forming when taken with water.

*Cascara Bark*. Increases secretions of gastro-intestinal canal. Bitter principle acts as a tonic.

*Culvers Root*. Cathartic.

*Gum Karaya*. Bulk-forming.

*Irish Moss* (powdered). Bulk-forming.

*Manna*. Mild laxative for children and aged.

*Mayapple or Mandrake*. Purgative.

*Psyllium Seed*. Lubricating action.

*Senna, American*. Milder action than Egyptian senna.

*Senna Leaves*. Action according to proportions used.

*Senna Pods*. Mild acting; used for children.

*Tamarind Pods*. Mild laxative.

## HERBS USED FOR SMOKING

*Allspice, Crushed*. Adds fragrance to pipe tobacco.

*Bearberry Leaves*. Used by Potawatomi Indians to mix with their tobacco (evidently for milder smoke).

*Coldsfoot*. Predominating ingredient of British Herb Tobacco—consisting of Buckbean, Eyebright, Betony, Rosemary, Thyme, Lavender and Chamomile. These are mixed and smoked in a pipe. Used for difficult breathing.

*Corn Silk*. Used by Indians as filler with other smoking botanicals.

*Cubeb Berries*. Used for nasal congestion.

*Deer Tongue*. Adds fragrance to pipe tobaccos.

*Dittany Herb*. Fragrant herb used by Indians.

*Licorice*. Used to Flavor many types of tobacco.

*Master-of-the-Woods*. Adds aroma to pipe tobacco.

*Mullein Leaves*. Smoked for irritation of the respiratory mucous membranes and useful for spasmodic coughing.

*Sassafras Bark*. Used in pipe tobaccos.

*Sumach* (*Rhus glabra*). When the leaves turn red in fall, the Indians gather and dry them to use in tobacco mixtures.

*Styrax*. Used to flavor pipe tobacco.

*Tonka Beans, Crushed*. Adds sweet aroma to pipe tobacco, also used in snuffs.



## HERBS USED FOR THE HAIR

*Chamomile Flowers.* Used to bring out the lustre and highlights of blond hair. Method of application: Use three or four tablespoons of dried flowers to a pint of water. Boil from twenty to thirty minutes—strain when cool. Hair should be shampooed before rinse is applied, as hair must be free from oil. Apply rinse by pouring over the hair while the head is held over basin. Dip a brush in rinse, which has dropped into the basin and work into the hair by parting hair. Rinse may be poured over hair several times and brushing repeated. Dry hair the usual way.

*Henna Leaves.* Used to tint hair an auburn shade. Apply like Chamomile rinse.

*Maidenhair Fern.* Make a strong decoction and apply to roots of hair by massaging. Also used as ingredient of hair tonics.

*Nettle Herb.* Used to make hair soft and glossy. Boil herb with vinegar and water. After cooling and straining, add Cologne. Apply every night.

*Quince Seed.* To keep hair or curls in place. Steep teaspoonful of quince seed in hot water and allow to cool. Dip comb in solution and set hair as desired. Scent may be added.

*Rosemary.* A wash made of this herb and applied to hair is said to prevent hair from uncurling when exposed to damp atmosphere. An infusion of Rosemary with Poplar bark, used every night, will make hair soft, glossy and strong according to English Herbals.

*Sage Leaves.* Used to darken hair. As it is not a dye it may be removed by shampoo. The more herb used and the longer it is boiled, the darker becomes rinse. Apply like Chamomile rinse. Remove Sage rinse before permanent wave, as it is apt to streak when heat is applied.

*Southernwood Ashes.* This is a very old European recipe. Place ashes in water and shake well, and allow to stand overnight. Massage solution to roots of hair before shampooing.

*Walnut Hulls.* Used to darken hair. Apply like Chamomile rinse. Shampoo hair before permanent wave.

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All plain herbs in 35c and \$1.00 size boxes.

## BOTANICALS USED AS SOAP

*Bouncing Bet.* Fresh herb stirred in warm, soft water until it forms a lather. Used to wash fine silks and woolens. Cleanses and imparts beautiful lustre to materials.

*Soap Bark.* This botanical contains more saponin than any other plant source yet known.

*Yucca.* The chopped roots tied up in a bag, then placed in soft water and stirred to a lather, used for shampooing hair, washing woolens and cotton fabrics.

## HERBS USED FOR BATH

*Bladderwrack, Marigold and Nettle Herb.* Equal parts of each used as cleansing invigorator.

*Chamomile.* A hot bath with this herb was popular in the Middle Ages because "it taketh away wearinesse and easeth paines to what part of the body it be applied."

*Hops and Meadowsweet.* Equal parts of these botanicals are used for insomnia and tense nervous conditions.

*Marigold.* Used to promote activity of the skin.

*Nettle Herb.* Folks in England use this herb in hot bath for muscular aches.

*Spice Bush.* Creek Indians used twigs of this bush in steam bath. A decoction of the twigs was also taken internally.

General directions for using herbs in bath: Place dried herbs in muslin bag. Scald bag in herbs with sufficient water to well cover them, and allow to stand for at least two hours. When bath is desired pour liquid from herbs into bath water. Use bag of herbs like sponge. Do not rub the body down with the bag, but gently sponge. Soap must not be used. In all cases where the bath is of hot water, a cold shower or cold rub must follow. This is easiest done by wringing a towel out in cold water. Give the whole of the body a brisk rub down with it as you get out of the bath, and thoroughly dry in usual way.

## HERBS USED IN PILLOWS

*Hops.* Used to induce sleep.

*Life Everlasting.* Used for its soothing aroma.

*White Pine Needles.* Soothing in respiratory afflictions.

## HERBS USED AS REPELLENTS

*Calamus.* Sliced roots used in olden times to protect furs and woolens.

*Castor Beans.* A plant in the garden is said to keep away grasshoppers.

*Catnip.* Old-time farmers set plants about barns to repel rats.

*Costmary.* Herb kept in linens for scent and as repellent.

*Elder Leaves.* The fresh leaves made into strong decoction was rubbed on bed or furniture as protection from fleas.

*Feverfew.* Fresh plant disliked by bees.

*Herbal Mixture.* Make strong decoction of Rue, Wormwood and tobacco (equal parts) in water. Sprinkle or spray leaves and young branches of fruit trees every morning and evening during the time the fruit is ripening. This will keep off caterpillars and chewing insects.

*Khus Khus.* Fragrant dried roots used to protect rooms of houses in Caribbean against roaches.

*Lavender Flowers.* Used to preserve linens and give them fresh, clean odor.

*Mugwort.* Dried herb used to repel moths.

*Parsley.* Plants grown around rose bushes to keep away rose beetles.

*Pennyroyal.* Fresh leaves tied up in a bag or a few drops of oil were kept in bed as protection from fleas.

*Pyrethrum.* powder. Used in sprays to kill many types of insects.

*Quassia Chips.* Half pint of boiling water poured upon a quarter ounce of quassia chips and sweetened with sugar will destroy flies. Harmless to children and pets.

*Rosemary.* Fresh leaves were much used in Old Europe to repel insects.

*Rue.* The Schola Salernitana, compiled some 800 years ago states: "Rue putteth flies to flight."

*Santolina.* Moth repellent of Colonial days.

*Sassafras.* A handful or two of Sassafras bark was mixed with each bushel of dried fruits to keep out insects as well as add to flavor of fruit.

*Smartweed.* Fresh herb, thoroughly bruised and rubbed on legs, neck and ears of horses to keep away flies. A few bruised branches in dog's bed is said also to be effective against fleas.

*Tansy.* This herb was grown around peach trees in old time gardens as means of preserving trees from insects. Meats were wrapped with Tansy leaves in Middle Ages to protect from flies.

*Toadflax.* Decoction of herb in milk and a little sugar is an old-time fly killer.

*Tonka.* Creoles place the beans in dresser drawers to repel insects and add scents.

*Wild Mint.* According to an old report from a Canadian farmer, "Wild Mint is a sure and reliable exterminator of rats." The herb was strewn around the walls or base of barns.

*Woodruff* herb. Used to preserve and scent linens.

*Wormwood.* In Shakespearean times it was said. "When chamber is swept and Wormwood is thrown, no flea for his life dare abide to be known." Wormwood was used in great quantities by cloth manufacturers during Middle Ages to protect woolens from moths. Powdered Wormwood strewn along the drills before sowing carrot or turnip seed protects the young plants from turnip flea beetle or carrot fly.

## BOTANICALS USED IN DYEING

*Alkanet.* Roots soaked in oil or alcohol make a beautiful rich red color used in lipsticks and pomades. Roots soaked in water make a brownish hue. Alkalies render the color blue.

*Annatto.* Golden color used in pomades, soaps, silks, varnishes, etc.

*Blood Root.* An old Indian dye to make orange-red or brownish red hues. Used to color fabrics and native mats.

*Cudbear.* Lichen used to make delicate pink and purples.

*Dragons Blood.* Used in varnish and wood stain.

*Gamboge.* Yields yellow dye used to color silk robes of Buddhist priests.

*Logwood.* Fermented wood used to make shades of violet, blue and blackish colors. Decoction (not fermented) is astringent used in diarrhoea and dysentery. It imparts a red color to urine and stools.

*Madder.* Crimson or Turkey red.

*Safflower.* Used to make shades of yellow and red in dyeing silks, crepes and woolens.

*Tea Leaves.* Used to make rose tan.

*Woad* or *Dyer's Weed.* Young leaves make light blue dye; mature leaves, darker blue; old leaves, bluish-black.

*Yellow Root.* Used to dye fabrics yellow.

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## BOTANICALS USED FOR FRAGRANCE, SACHETS, POTPOURRI

Calamus roots	Orris Root
Costmary leaves	Patchouli leaves
Khus Khus Roots	Rose Buds
Lavender Flowers	Sandalwood
Lemon Verbena leaves	Tonka Beans
	Vanilla leaf

## BOTANICALS USED IN INCENSE AND FUMIGANTS

Benzoin	Myrrh
Deers Tongue	Opopanax
Dragons Blood	Sandalwood
Elemi Gum	Styrax
Frankincense	

## GUMS AND RESINS

*Arabic.* Soluble in cold or warm water. Nutritive and demulcent. Used as protective coating in irritations of mucous surfaces, as hoarseness, sore throat, cough, catarrh of the urinary bladder, dysentery and diarrhea. Used in textiles, mucilage, confectionery and as emulsifying agent.

*Asafoetida.* The American Eclectic Dispensatory states its properties and uses are, "stimulant, antispasmodic, expectorant, emmenagogue and feebly laxative. Improper in inflammatory conditions of the system. Was used in hysteria, convulsions, spasmodic nervous diseases of females, spasm of the stomach and bowels, various irregular nervous disorders which accompany debility of the nervous system—also was used in pertussis, asthma, infantile coughs and catarrhs, croup, measles, etc., whenever there was a want of nervous energy or disposition to sink." Owing to its vile taste it is usually taken in pill form, but is often given to infants per rectum in the form of an emulsion.

The magic of science changes the smelly *Asafoetida* into delightful perfumes.

*Balsam of Peru.* Used in incense and perfumery for its balsamic and aromatic odor and taste. An ointment made by melting Balsam of Peru with equal weight of tallow is useful for chapped hands, sore nipples and minor skin diseases.

*Balsam of Tolu.* The delicate, hyacinth-like scented resin is used as a fixative in fine perfumes. Medicinally the resin is used in salves, ointments and as an expectorant and antiseptic in treatment of coughs, colds and bronchitis. Because of its pleasant taste and odor it is much used in cough syrups.

Balsam of Peru and Balsam of Tolu 50c each. Other gums or resins 35c each.

*Benzoin.* Used in medicine as a stimulant and expectorant. Also much used in heavy sweet perfumes, toilet waters, lotions, incense, etc., because of its aromatic vanilla-like scent.

*Burgundy Pitch.* Used in preparation of plasters.

*Canada Balsam* (*Abies balsamea*). Useful in the arts and in pharmacy.

*Frankincense.* Used with myrrh in incense since very ancient times.

*Galbanum.* Used as a stimulant, expectorant, antispasmodic. Used as a fixative for Oriental-type perfumes; also used in considerable quantities in making face powders, other cosmetics and soaps.

*Guaiac.* Used medicinally as a stimulant.

*Karaya.* Used medicinally as laxative for its bulk forming action. Also used in great quantities in manufacture of ice cream, cosmetics, textiles, etc.

*Mastic.* Used by the Turks to preserve the gums and teeth and to sweeten the breath. Used as a fixative for Honey-suckle, Lavender, Sweet Pea, Mimosa perfumes. Also used in varnish for pictures, maps, etc., on paper and canvas.

*Myrrh.* Used since ancient times in incense. Used medicinally as ingredient of dentifrices, mouth washes, and for treatment of spongy gums and aphthous irritations.

*Opopanax.* Used in perfumery.

*Sandarach.* Used for a spirit varnish and in nail polishes.

*Styrax.* Used in incense and to flavor tobaccos. Used medicinally as a stimulant to mucous membranes and for the treatment of scabies.

*Tragacanth.* Nutritive and demulcent. Used mainly to give consistence to troches, lozenges and to form paste.

## BOTANICALS USED FOR BIRDS AND AND ANIMALS

*Caraway.* Baked in dough for pigeons.

*Catnip.* Tied up in cloth bags and placed in kitty's bed.

*Fenugreek.* Mixed with foods for horses and cattle.

*Flax.* Mixed with foods for horses and cattle.

*Nettle Herb.* Mixed with chicken foods.

*Rape.* Mixed with bird foods.

*Thyme.* Professor J. Lindley states: "This is a very remarkable feline aphrodisiac." Tie up in cloth bag and place in cat's bed.

*Valerian Roots.* Used like Catnip for cats.

## BOTANICALS USED AS CURIOS OR AMULETS

Adam and Eve	Lesser Periwinkle
Buckeye	Orris Root
Devils Shoestring	Queen Elizabeth
Dragons Blood	Root
Five Finger Grass	Sea Spirit
High John the	Southern John the
Conqueror	Conqueror
Holy Sandalwood	Star Anise
Jezebel Root	Sumbul Root

## MISCELLANEOUS BOTANICALS

**Beth Root.** Indian Love Charm.

**Crab's Eye Seeds.** Used to make ornamental beads.

**Ginseng Root.** Chewed in place of Chewing tobacco.

**Gobernadora.** Smoke of this herb used to give beans baked in molasses a tang and delicious flavor.

**Job's Tears.** Used to make ornamental beads. Gerard's description of Job's Tears, "Every graine resembleth the drop of teare that falleth from the eye."

**Pyrola Leaves.** Indian luck charm for hunting.

## HERBS OF ALL KINDS

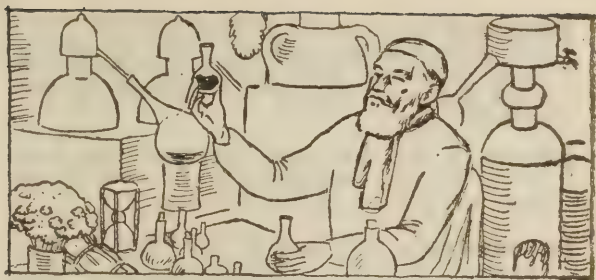
We have over 1,000 varieties of herbs, roots, barks, flowers, seeds, leaves, resins, gums, oils, etc., in stock and can supply almost any herb grown in any part of the world in 35c and \$1.00 size boxes. Space does not permit printing a complete list.

To assure fresh stock we grow many items in our own greenhouse, northern and subtropical gardens.

Requests for free samples will not be answered as we have no free samples. No orders for less than 35c accepted.

WE SELL NO DANGEROUS BOTANICALS OR DRUGS.

SEE INSIDE BACK COVER "HOW TO ORDER."



## VOLATILE AND FIXED OILS

### Their Nature and Uses

In order to make our description of oils and their properties clear to everybody interested in this field of knowledge, we are submitting an explanation of a few medical terms used therein.

**Alteratives** change the process of nutrition and excretion, sometimes exercising a decidedly beneficial effect.

**Anthelmintics** are used to expel or destroy intestinal worms.

**Astringents** contract the tissues and thus tend to arrest the discharges.

**Anti-spasmodics** are designed to allay or prevent the recurrence of spasms relieving muscular irritability and excessive contraction.

**Aromatics and Carminatives** have a pleasant flavor and pungent taste and are sometimes useful in expelling gas from the stomach and intestines by increasing peristalsis. They are also used to make other substances more palatable and to prevent griping of cathartics.

**Cathartics and Laxatives** increase the amount or frequency of intestinal evacuation. They are divided into: Laxatives (mild) and Purgatives (drastic).

**Demulcents (Emollients)** tend to modify the action of acrid and irritating matters upon the mucous membranes of the throat, stomach, intestines, bladder and the urinary passages. They are soothing to the irritated or inflamed mucous membrane and also act as emollients, softening the skin when applied externally. They often allay the pain of inflamed parts.

**Diaphoretics** produce an increased perspiration.



**Sudorifics** produce an abundant and visible perspiration, aiding thus to eliminate offensive and irritating materials that are cast out of the system by the sweat.

**Diuretics** promote and increase the flow of urine by stimulating the secreting cells or nerves of the kidneys.

**Expectorants** increase or modify the respiratory secretion and favor the expulsion of mucous secretions from the air passages.

**Nervines** act upon the nervous system by stimulating and lessening the irritability.

**Sedatives** quiet the nervous system, often allaying excitement and reducing nervousness without producing narcotic effects.

**Stomachics** improve the activity of the stomach by increasing the secretions and movement of that organ.

**Freshness and Quality are Important when buying Volatile and Fixed Oils.**

Oils are simple natural products mostly of palliative nature and give frequently the desired relief which, of course, depends always on the individual case. In general, they are valuable agents worth trying in minor difficulties and complaints, while in any serious disease a doctor should be consulted.

Many of the oils are of a very powerful nature and when taken internally, utmost care should be exercised as to the dose and the way of taking. In most cases they should be taken *diluted*, that is, mixed in powdered sugar and followed with water or milk, which makes a good vehicle for most of the oils.

For your own security, buy "TRUE-SELECTED" BRAND OILS.

Essential or Volatile Oils and allied products are powerful, a desirable material which can be employed successfully and profitably in innumerable ways, but under one condition only—they must be *absolutely fresh*, for they will deteriorate rapidly, due to their chemical composition or unstable nature, which is subject to reaction in a comparatively short time.

A rancid oil will ruin any preparation where used, and turn the same into a worthless, if not harmful, article. Therefore, it is of utmost importance to buy at the right source. Buy the "True-Selected" Brand Oils.

**Almond Oil** (sweet) is a fixed oil expressed from sweet almonds. Its action is nutritive, mild laxative, demulcent and emollient. Internally, serves in the form of an emulsion in minor irritations of the breathing organs and coughs due to colds, as a mild laxative for children; externally in sunburn—minor burns, blisters. It is also used in cosmetics, perfumery and soap-making. It is a perfect hair oil, without any unpleasant scent, and creams made with Almond oil are superior to the ordinary cold creams. Price 50c per two-ounce bottle.

**Allspice Oil or Pimento** is a volatile oil of strong, spicy aroma and a pungent taste, that is a carminative, in its action, used medicinally (one to three drops diluted with oil or milk) in flatulent colic. However, it is used mainly as an aromatic for culinary purposes as a condiment and in perfumery, being one of the important ingredients of Bay Rum. Price \$1.00 per one-ounce bottle.

**Angelica Oil.** A distilled oil from Angelica Root, is a highly aromatic oil used in manufacturing high grade liqueurs, elixirs, cordials, also in perfumery. The medicinal action is stimulant, tonic, diuretic, carminative, diaphoretic. Dose—one to three drops. Price (very scarce) \$9.00 ½ ounce.

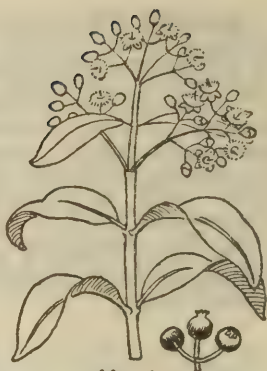
**Anise Oil, Star,** a sweet-smelling and tasting volatile oil distilled from Star Anise seed (fruit, properly) and used internally as an aromatic, carminative, in flatulent colic, also for flavoring pastry, candy, licorice extract, liqueurs, cordials, elixirs such as Anisette, Gin, Benedictine; externally, in liniments, ointments, mouth washes and to kill lice. Anise Oil is also an important ingredient of Paregoric. Dose of the oil is one to five drops. Price per one-ounce bottle, 50c.

**Anise Seed Oil,** same in action and otherwise as the above.

**Balm or Melissa Oil,** Imitation also called Lemon Balm Oil is a volatile oil distilled from flowers and leaves of Lemon Balm or Melissa. This oil is used medicinally as a diaphoretic, anti-spasmodic and sedative. The well-known European home-remedy, "Melissa Drops," "Spirits of Melissa" and "Karmelitergeist" are solutions



Star Anise



Allspice

of the oil in alcohol with other aromatics which are used as a palliative agent in nervous strain and mild colicky pains due to gas. Balm or Melissa Oil is also used as a pleasant aromatic and flavoring ingredient of many medicines, liquors and cordials. Dose of the oil is one to two drops on sugar or in milk. Price \$1.00 per 1-oz. bottle.

**Balm Gilead Oil.** See Poplar Oil.

**Banana Oil or Pear Oil** is not an oil but, chemically, amyl acetate. It is used in flavoring liqueurs, candy, pastry, beverages and syrups. Technically it is used for dissolving celluloid, in lacquers, liquid bronzes, varnishes, etc. Price 50c per 1-ounce bottle.

**Basil Oil** is a sweet-scented, volatile oil distilled from Sweet Basil. It is used for flavoring and in perfumery. Dose: one to two drops. Price \$6.00 per ounce bottle.

**Bear Oil** is the animal fat or grease of the bear. This rather rare article is used as a hair pomade. Price 50c per ounce bottle.

*Note*—We sell only the absolutely genuine Bear Oil.

**Bay Oil** (Myrcia Oil), a volatile oil of aromatic, spicy aroma used almost exclusively in making of Bay Rum, the well-known toilet article used as refreshing perfume for nervous headache, deodorant sponge baths, as a hair application in oily scalp and loose dandruff, also as a pleasant, after-shaving application. Price of Oil, 1-ounce bottle, \$1.00. PRICE OF BAY RUM, 75c per pint.

**Bergamot Oil** is a volatile oil, expressed or distilled from the fresh rind of fruit of the Bergamot tree, belonging to the Citrus group, growing in Italy, Southern France and Portugal. It has a very pleasant, refreshing, citrus odor and the taste is pungent, bitter, aromatic. Medicinally, it has stimulating properties and it has

been used as a pleasant, but powerful, insecticide and parasiticide for repelling lice, ticks and other insects, but its most important use is in pharmacy, cosmetics and perfumery, where it serves as a very desirable perfume for toilet waters, lotions, ointments, creams, hair oils, pomades, etc. Price of 1 -ounce bottle, \$2.00.

**Birch Tar Oil** (Empyreumatic) is a product of dry or destructive distillation of the White Birch wood. It is a black, thick, tar-like liquid with a peculiar, typical smell of the Russian leather. It is used medicinally the same as oil of tar in salves, ointments for various minor skin irritations. Technically, Birch Tar Oil is used for preserving leather and wood. Price of 1-ounce bottle, 50c.

**Cade Oil or Juniper Tar Oil.** An oil derived from juniper wood by destructive distillation. This oil is a dark brown, thick liquid with an odor and aspect of tar. For its antiseptic, palliative medicinal action, it is used in numerous preparations such as salves, ointments, etc., for various minor skin irritations, as a palliative, and in veterinary for parasitic affections of sheep, cows and horses. Price of 1-ounce bottle, 50c.

*Note*—Our Thymoladine Ointment contains Cade Oil and Cajeput Oil among other valuable ingredients. This well-known preparation is indicated in various minor skin irritations as a palliative. Price per jar, 50c.

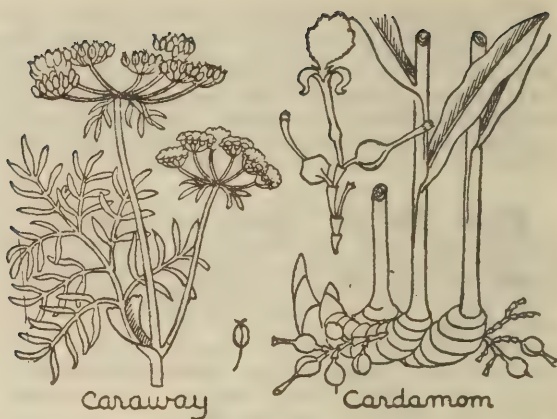
**Cajeput Oil** is a volatile oil imported from East India where it is highly esteemed by the natives. Its medicinal action is stimulant and diaphoretic. It stimulates expectoration in coughs due to colds, and it is used to advantage in various irritations of bronchial passages,

and in colic and flatulence, but its most important use is the external application in various minor skin irritations as it is reputed to be of good service in the form of salve or lotion. Cajeput Oil is used for relief of toothache when it is applied on cotton in the cavity. Dose—one to two drops diluted or on sugar. Price per ounce, 50c.

*Note*—Thymoladine Ointment contains Cajeput Oil; see the description above.

**Camphor Oil.** This is a volatile oil of camphor, not the ordinary "Camphorated Oil" or liniment. This oil is used externally as a counter-irritant embrocation in various bruises, sprains, strains, or muscular aches and pains due to fatigue or exposure. Price per 6-ounce bottle, 50c.





Caraway

Cardamom

**Camphorated Oil** or Liniment is dissolved Gum Camphor in Cottonseed Oil. It is much milder in medicinal action than the Volatile Camphor Oil. Camphorated oil has similar action, being used as Camphor Oil. Price per 6-ounce bottle, 50c.

**Caraway Oil, Imitation.** A volatile oil distilled from Caraway seed (fruit) of many uses. Medicinally, it is known as a stimulant carminative, useful internally for colic or flatulence due to excessive gas in the stomach or intestines.

Widely used also for flavoring and improving the taste of various medicines, in making liqueurs and cordials such as "Kuemmel," etc. It is much esteemed for culinary purposes as a condiment. Price per  $\frac{1}{2}$  ounce, \$1.00.

**Cardamom Oil.** A very pleasantly scented, volatile oil of aromatic, carminative properties, used in medicines as a corrective flavor in various compounds, tinctures, also in liqueur manufacture, bitters, as a condiment in bakery, pastry, as a spice in sausages, salami, etc. Price per  $\frac{1}{2}$ -ounce bottle, \$3.00

**Carron Oil.** See Linseed Oil.

**Castor Oil.** A fixed oil made by expressing the Castor Beans. This oil is a well-known laxative and cathartic. It is used chiefly in temporary constipation, colic and similar intestinal disturbances where a strong laxative is indicated. Castor Oil, applied externally to the breasts, softens the nipples. In cosmetics, this oil is used in hair tonics, pomades, salves and brilliantines. Castor Oil is a fixed oil completely soluble in pure alcohol. A very good soap is prepared from this oil and it is also used as a lubricant. The adult dose is a tablespoonful; children, one teaspoonful. Price per 6-ounce bottle, 50c.

*Note*—We sell only the best, cold-pressed Castor Oil.

**Cedarwood Oil.** A volatile oil distilled from Red Cedar Wood. Used mostly in perfumery and for technical purposes, as an insecticide in various sprays for moths, flies, mosquitoes and other vermin. Price per 2-ounce bottle, 50c.

**Celery Oil.** A volatile oil derived from Celery Seed. Used medicinally as carminative, antispasmodic, indicated in simple headaches, nervous irritability of hysterical nature and for flavoring of various medicines. Price per ounce, \$4.00.

**Chaulmoogra Oil.** A fixed oil obtained by expressing of Chaulmoogra Seeds has many important uses which are fully recognized by the medical profession. Price 50c per ounce.

**Cinnamon or Cassia Oil.** A volatile oil of pleasant, spicy fragrance and sweetish, burning taste. Aromatic, carminative and astringent. It is used in colic, cramps and flatulence due to excessive gas. Because of its powerful action and irritating burning properties, Cinnamon Oil can be used with caution only when highly diluted. This oil is a very important agent for flavoring of cordials, candy, pastry, chocolate and in perfumery. Dose—one drop, diluted. Price per ounce, \$1.00

**Citronella Oil.** A volatile oil used externally in liniments for muscular pains and aches due to fatigue or exposure, also in perfumery in various creams and lotions, but its most important use is that of an effective repelling agent for mosquitoes, gnats and other insects. Price per 2-ounce bottle, 50c.

**Clove Oil** is a volatile oil distilled from Cloves. It has a strong characteristic, spicy odor, pungent, burning taste, its action being carminative, antispasmodic and anodyne. It is employed internally for colic or flatulence associated with excessive gas. Externally in liniments, mouth washes and tooth powders, for toothache, introduced on a piece of cotton in the cavity in the tooth, in perfumery, for flavoring and many culinary purposes. Dose—Two drops, diluted. Price per ounce bottle, \$1.00

*Note*—Our well-known mouth wash, gargle and excellent detergent for general purposes, "Myra," contains several of the described volatile oils among other choice medicinal agents. Price per 2-ounce bottle, 50c.

**Cacao or Coconut Oil or Butter.** See Oil Theobroma.



Coriander



Cubeb

**Coconut Oil** or Copra oil is a fixed oil derived from coconuts by expression. It has the consistency of lard in cold temperature but it melts into a clear, colorless liquid in warm weather. The medicinal action is nutrient. It is used in making of soaps, shampoos, salves, ointments, for various hair preparations and for massage. Price per 2-ounce bottle, 25c.

**Cod Liver Oil**, a fixed oil obtained from fresh liver of Codfish. The medicinal properties are: alterative, nutrient, tonic. This oil is a source of the valuable fat soluble Vitamin A and D. It is used internally as a nutritive tonic and body builder, as a preventive of and treatment for rickets and to build resistance to colds, coughs due to colds and bronchial irritations. Externally it is used to promote healing in minor skin irritations, etc. Price \$1.00 per pint.

**Coriander Oil.** Volatile Oil from Coriander Seed (fruit, properly). It is sweet-smelling oil of carminative, aromatic and anodyne properties, used internally for cramps, colic, gases, also for external application in muscular aches and pains due to fatigue or exposure. Used in making various liqueurs, cordials and as a flavor in pastry. Price  $\frac{1}{2}$  oz., \$2.00.

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## IMPORTANT

To avoid unnecessary delays, please print name and address and write legibly.

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**Cubeb Oil**, a volatile oil derived from Cubeb Berries. Its action is that of a soothing diuretic and it is mostly used in minor irritations of urinary passages. Dose—5 to 6 drops. Price \$1.00 per ounce.

**Cumin Oil.** This volatile oil has carminative properties and is employed the same way as Caraway Oil (see description). Price per ounce, \$2.00.

**Cypress Oil,** a volatile oil used chiefly externally as a spray on pillows. Price  $\frac{1}{2}$  ounce, \$1.00.

**Erigeron or Fleabane Oil** is a volatile oil distilled from fresh flowers of Canada Fleabane. Dose—5 to 15 drops. It has hemostatic and antiseptic properties. Price per ounce, 50c.

**Eucalyptus Oil,** volatile oil of valuable expectorant action. It is used internally for coughs due to colds and bronchial irritations, for inhalation in colds and externally, for muscular pains, also in minor burns (sunburn) mixed with Olive Oil. Dose—3 to 5 drops. Price per 6-ounce bottle, \$1.00; 3-ounce, 50c.

**Fennel Oil,** a volatile oil distilled from the seed, is aromatic and carminative in its action and used in flatulence, for flavoring, in pastry, manufacturing of liqueurs, candy and for correcting the unpleasant taste of various medicines. Externally applied to the abdomen, mixed with Olive Oil, for relief of colic of infants. Dose—1-3 drops. Price per ounce, 50c.

**Geranium (Rose) Oil,** a volatile oil used mostly in cosmetic and perfumery as a substitute for the expensive Rose Oil in creams, lotions, ointments, powders, toilet waters and perfumes.

Price per half-ounce, \$1.00.

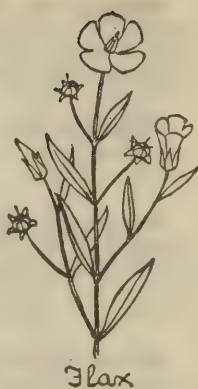
**Henbane Oil** is an infused oil prepared by processing the Henbane leaves. This oil is used only externally as an analgesic, sedative and palliative liniment or embrocation. For local application only, not to be taken internally. Price per 6-ounce bottle, 75c.

**Juniper Berries Oil.** Volatile oil distilled from ripe Juniper berries. Used medicinally as a diuretic and stomachic externally in liniments and in manufacture of gin. Price per ounce, \$1.00.

**Juniper Wood Oil Compound.** A volatile oil prepared from branches and twigs of Juniper. Used mostly for external purposes as a liniment for various muscular pains. Price per 3-ounce bottle, 50c.

**Lavender Oil,** a volatile oil distilled from Lavender flowers is carminative in action. Its most important use is in per-





fumery, manufacturing of toilet waters, perfumes, smelling salts, sachets, etc. Price 1 ounce, \$1.00.

**Lemon Oil** is a volatile oil expressed from lemon peels. Its medicinal action is aromatic, carminative, but its preponderant use is in perfumery, in manufacturing of liqueurs and cordials, various beverages, pastry and flavoring. Price per ounce, \$1.00.

*Note*—We sell exclusively the best grade U.S.P. hand-pressed Lemon Oil.

**Lemon Grass Oil** resembles closely Citronella Oil in aroma and uses. It is employed in liniments, ointments, perfumery and soap making. Price per ounce, \$1.00.

**Linseed Oil** (Flaxseed Oil). A fixed oil expressed from linseed. Its medicinal action is emollient and mild laxative. Externally serves as a valuable application in minor burns, scalds, sunburn, and to mitigate the discomfort of piles. It is also used for softening calluses, corns and for frost bites. It is an important part of various liniments and ointments; the well-known Carron Oil, used successfully for generations in minor burns and scalds, contains Linseed Oil.

The old-fashioned soft or "green" soap is made from Linseed Oil. Technical uses of this oil are numerous: It is used in manufacturing of varnishes, paints, linoleum, etc. Price per 6-ounce bottle, 50c.

*Note*—We sell *freshly prepared* Carron Oil for minor burns at 50c per 6-ounce bottle.

*Note*—Our Household Ointment is an excellent, soothing application for burns, scalds, sunburn, irritations, etc., contains Linseed Oil beside other ingredients. Have a jar at home in your medicine chest. Price per jar, 50c.

**Mace Oil**, a volatile oil similar to Nutmeg oil, used as a carminative. This oil is used also for culinary purposes as a flavor in baking and in various foods. Dose—one to two drops. Price per ounce, 75c.

**Melissa Oil.** See Balm Oil.

**Mineral Oil** is a pure, bland, refined mineral oil used as an intestinal lubricant and lenitive. It is an important agent in treatment of habitual constipation, as it may relieve the friction and eases the peristalsis (intestinal movement). It is not a quick acting laxative and it is not absorbed by the system. Price per pint, 50c.

**Mullein Oil** is an infused oil made from Mullein flowers. This oil is used externally as a palliative for irritation of piles, frost bites and minor irritations of the skin. It has long been valued as a household remedy for affections of the ear. Price per ounce, 50c.

**Olive Oil** (Sweet Oil). Fixed oil obtained by expression of ripe olives. Its medicinal action is emollient, mild laxative and nutrient. Externally, Olive Oil is used for massage, liniments, salves, ointments, for making soaps, shampoos, also as a hair oil, and for cooking, frying, baking, salads, etc.

*Note*—We sell only the absolutely best grade, Spanish Olive Oil, imported from Cordoba, Spain. Price \$1.50 per pint.

Our Olivette Shampoo is made of pure Olive Oil. Price 50c per bottle.

**Orange Oil.** A volatile oil obtained by expressing the fresh orange peel; is an aromatic and carminative. It is used mostly for flavoring in manufacture of beverages, candy, liqueurs, perfumery, for correcting the taste of pharmaceutical preparations, also in pastry, etc. Price per ounce, \$1.00.

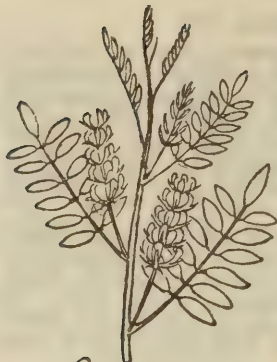
**Origanum Oil** (Spanish) is a volatile oil used in flatulent colic, in toothache, in liniments for muscular aches and pains due to fatigue or exposure, in mouth washes, salves, ointments and in perfumery. Price per 1-ounce bottle, 50c.

**Palm Oil** is a fixed oil expressed from the seed or fruit, of a consistency similar to butter. Its action is emollient and it is used chiefly in manufacturing of soap, shampoos, etc. Price per ounce, 50c.

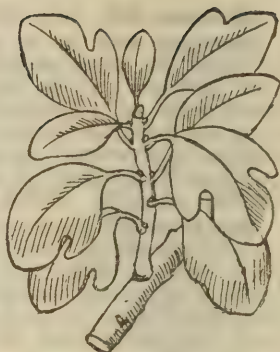
**Patchouly Oil**, a volatile oil of heavy penetrating and lasting odor used mostly in perfumery. Price per ounce, \$3.00

**Peach Oil**, a fixed oil obtained by expressing of the peach kernels. It can be used in place of Almond or Olive Oil. Price per 6-ounce bottle, 75c

**Peppermint Oil** is a volatile oil having carminative and anodyne properties used internally in colic, flatulence due to gas. The same is employed externally as a palliative in various pains and aches due to fatigue or exposure, bruises, sprains, simple headache, toothache, also mixed with Olive Oil as an external application to the abdomen of infants in colic and



Liquorice



Sassafras

cramps. Peppermint oil is a very important part of many preparations such as: mouth washes, tooth powders, tooth pastes, and it is used a great deal for flavoring candy, chewing gum, in liqueur and cordial manufacturing, etc. Dose—2-4 drops. Price per  $\frac{1}{2}$  oz., \$1.00.

**Pimento Oil.** See Allspice Oil.

**Petrolatum Oil.** See Mineral Oil.

**Poppy Oil.** A fixed drying oil expressed from Poppy Seeds, which is used as a substitute for Almond or Olive Oil, technically for painting, etc. Price per ounce, 50c.

**Poplar Oil** or Oil Balm Gilead is an infused oil made by processing the Balm Gilead or Poplar buds with a bland vegetable oil. It is used externally in bruises and sprains, for massage, etc. Price per ounce, 50c.

*Note*—This oil is prepared by us carefully from the best material.

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**SEE INSIDE BACK COVER ON HOW TO ORDER.**

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**Rhodium Oil**, an aromatic mixture of oil and balsam used by trappers as a lure for fur-bearing animals, for catching rats and similar purposes. Price per ounce, \$1.00.

**Rose Oil** or Attar of Rose, a volatile oil distilled from Rose flowers in Bulgaria, used in high-grade perfumes, toilet articles, for flavoring of liqueur, candy, pastry, etc. Price per  $\frac{1}{2}$ -oz., \$45.00.

This is the genuine Rose Oil. We also sell—

**Rose Oil Compound** which is an excellent substitute for the above oil, suitable for all purposes in toilet articles and perfumery, etc. Price per ounce, \$2.50.

**Rosemary Oil**, a volatile oil used a great deal externally for liniments and in various hair preparations. So-called "Hungary Water" is a compound Spirit of Rosemary, that was well known for centuries as a palliative liniment for rubbing. Price per ounce, 50c.

**Sage Oil** (Dalmatian), distilled from the leaves of *Salvia Officinalis*. Used for flavoring purposes. Used externally as an ingredient of liniments. Technical use in perfumery and in making soaps. 50c per ounce.

**Santal Oil** or East Indian Sandalwood Oil is a volatile oil of reputed soothing properties. It is taken internally in catarrhal conditions of the urinary passages for its palliative effects and tendency to check the discharges, irritation of mucous membrane. This oil is also used in perfumery, where the heavy, Oriental type of odor is desired, also in making incense, sachets, etc. Price per ounce, \$2.00.

**Sassafras Oil** is a volatile oil from the bark of root of the Sassafras tree. Its properties are diuretic, carminative, aromatic, diaphoretic and alterative. It is an important flavoring agent of many pharmaceutical preparations and has a very wide use in manufacturing of effervescent beverages, soaps, etc. Dose—2-4 drops. Price per ounce, 50c.

**Sesame Oil**, a fixed oil expressed from the seeds. Used the same way and for the same purposes as Olive, Almond or Cottonseed oil, in liniments, massaging, manufacture of soaps, shampoos, oleomargarine, various toilet articles, etc. Price (3 ounces) \$1.00

**Skunk Oil**, the fat or grease of the American skunk, used as a palliative external application. Price per ounce, 50c.

**Soya Bean Oil**, or Chinese Bean Oil, a fixed oil expressed from Soya Beans, is one of the most important food products in China and Japan. Besides its great value as a food, Soya Bean Oil is used for lighting purposes, in manufacture of paints, soaps, etc. Price 6 ounces, \$1.00.

**Spearmint Oil**, a volatile oil of strong, pungent, mint odor, and the same properties and uses as the Peppermint Oil. Price per ounce, \$1.00.

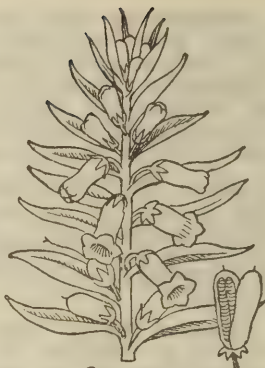
**Sperm Oil**, a fat from the sperm whale, used for technical purposes such as: Soap manufacture, lubricating, illuminating, etc. Price 6 ounces, \$1.00.

**Spike Oil**, a volatile oil similar to Lavender Flower Oil. It has carminative properties and is used externally as an effective liniment or embrocation. Technically, this oil is used in painting, etc. Price, per ounce, \$1.00





Sandalwood



Sesame

**Sweet Oil.** See Olive Oil.

**Sweet Marjoram Oil.** Distilled from the herb of *Origanum Marjoram*. Carminative in action. External application for sprains and bruises. Price one-ounce, \$1.00.

**Tar Oil**, a volatile oil obtained from wood tar by distillation. Used internally in the form of various cough syrups, as an expectorant for coughs due to colds, externally in salves and ointments for relieving the distress of minor skin irritations. Price per 2-ounce bottle, 50c.

*Note*—Our Tar Salve and Sulphur Tar Salve contain Oil of Tar. Sulphur Tar Salve, \$1.00 per jar. Tar Salve, 50c per jar.

**Theobroma Oil** or Cocoa Butter, a fixed oil obtained by expression of roasted Cacao seeds. Its medicinal properties are emollient, lenitive, lubricant. Used in pharmaceutical preparations such as ointments, salves, suppositories, in cosmetics, in creams, lotions, pomades, etc., also in manufacturing of chocolate and soap. Price per ounce 25c.

*Note*—Our Rectal Cones contain the best grade of Cocoa Butter. Price of Rectal Cones per box, 50c.

**Thuja Oil** or Cedar Leaf, a volatile oil of expectorant and vermifuge properties. Also used in perfumery. Dose—2-4 drops. Price per 2-ounce bottle, \$1.00.

**Thyme Oil**, a volatile oil of carminative and antispasmodic action. Internally, used in combination with other agents in minor irritations of the mucous membrane of the nose and throat, colic, cramps; externally in minor skin irritations in form of salves and lotions, in gargles, mouth washes, liniments. Dose—2-4 drops. Price, per 1-ounce bottle, 50c.

*Note*—Our Household Ointment contains Oil of Thyme.

**Turpentine Oil** or Spirits of Turpentine, rectified, is a volatile oil distilled from the Gum Turpentine. The medicinal properties of Oil Turpentine are carminative, expectorant, diuretic, and diaphoretic. It is used externally as an embrocation or a liniment for sprains and bruises and muscular aches and pains due to fatigue and exposure, for destroying of head lice and other skin-affecting parasites. Technical uses of Turpentine Oil are many, such as manufacture of paints, varnishes, floor waxes, shoe polishes, etc. Price per 6-ounce bottle, 50c.

*Note*—We sell exclusively the best grade of Rectified Oil of Turpentine, U. S. P., which *cannot* be replaced by the commercial Turpentine, as only the rectified oil is suitable for medicinal purposes.

Our Wintergreen Embrocation is an ideal compound containing Turpentine Oil in suitable form and Petrolano Goose Grease Ointment is an old-fashioned remedy that also contains Turpentine Oil which is used for its counter-irritant effect in colds on the chest. Wintergreen Embrocation, 50c per bottle. Petrolano Goose Grease Ointment, \$1.00 per jar.

**Wintergreen Oil** is a volatile oil distilled from Gaultheria Procumbens or wintergreen, a small plant growing in the United States and Canada, in deep moist woods, mainly in the mountain regions of New York and New Jersey, also in the south. Chemically, it consists of about 99% Methyl Salicylate, which is also produced synthetically. This is the Methyl Salicylate or Oil of Wintergreen of commerce. The genuine, natural Wintergreen Oil is used for internal purposes in preference to the synthetic oil. Both the synthetic and the natural oils have analgesic and antipyretic properties and are used in place of salicylates for identical purposes such as mitigation of rheumatic pains and reduction of fever. Externally Wintergreen Oil is used in liniments, embrocations, analgesic balms, mouth washes, sprays, lotions, also in the manufacturing of candy, chewing gums, etc. Dose—1-3 drops mixed with water or milk. Price \$1.00 per ounce.



## FLORAL OILS

Used in perfumes, toilet waters, creams, sachets, shampoos, hair and skin preparations, etc.

<b>American Cologne Compound Oil</b> .....	1 oz.	\$2.00
<b>Arabia Style Compound Oil</b> ....	1 oz.	5.00
<b>Cyclamen Compound Oil</b> .....	1 oz.	4.00
<b>Heliotrope Compound Oil</b> ....	1 oz.	3.00
<b>Jasmine Compound Oil</b> .....	1 oz.	2.00
<b>Lilac Compound Oil</b> .....	1 oz.	2.00
<b>Lily of the Valley Compound Oil</b> .....	1 oz.	2.00
<b>Locust Compound Oil</b> .....	1 oz.	2.50
<b>Muguet Compound Oil</b> .....	1 oz.	1.00
<b>Reseda Compound Oil</b> .....	1 oz.	5.00
<b>Sweet Peas Compound Oil</b> ....	1 oz.	3.00
<b>Verbena Comp.</b> .....	1 oz.	3.00
<b>Violet Compound Oil</b> .....	1 oz.	2.00
<b>Ylang Ylang Compound Oil</b> ....	1 oz.	4.00

And many other oils and compounds that will give satisfactory results in every respect.

Prices will be gladly quoted upon request.

## LIQUOR FLAVORS

**Whiskey:** Bourbon, Irish, Rye, Scotch.

**Brandy:** Blackberry, Cherry, Cognac, Peach, Raisin.

**Gin:** Holland, Schiedam, London Dock.

**Cordial:** Anisette, Benedictine, Creme de Menthe, Vanilla.

Any of the above flavors are available at 50c per bottle, plus postage.

We also have Essence of Gin and Essence of Rum at 50c per ounce, plus postage. Excellent for flavoring foods as well as liquor.

## HYPONEX PLANT FOOD

Most house plants suffer from improper feeding. Plants should be fed continually just as house pets are. Even if the pot soil did contain all the necessary fertilizer when potted, it is continually consumed by the plant during its growth. Sooner or later, according to the type of plant, the pot soil is depleted of all plant food. Starved plants show different symptoms in different plants. Some stop growing. Flowering plants stop blooming or drop their blossoms before fully developed. Some plants become spindly, the leaves of others turn color and drop off. More sun will usually hasten the plant's death—more water induces rot. When the soil is exhausted the plant too will soon become exhausted and die.

Hyponex is a plant food for your house plants, flower or vegetable gardens, trees, lawns, greenhouses, etc. Hyponex is a powder; when mixed with water it is a complete and balanced plant food. Plants fed with Hyponex may be grown without soil in such materials as stones, cinders, white sand, etc. Hyponex is economical and clean to use. No weeds or harmful bacteria are planted with this type fertilizer.

A teaspoonful of Hyponex makes a gallon of liquid plant food. A 1-pound can is sufficient to make 100 gallons. Available in 25c (3 oz.) and \$1.00 (1 lb.) size cans.

## MEDICINE ALOES

This plant is better known in the tropics where it has been used since remote ages for its medicinal properties. The virtues are contained in the very thick leaves which have a clear salve-like juice. The fresh juice is applied directly for skin rash, insect bites, sunburn, chapped hands, etc. For minor burns the aloe leaf is sliced and the juicy part applied directly to the burn. Bandage to keep aloe in place. Renew as often as desired. This has a very soothing and cooling effect. For sore gums caused by false teeth plates, apply aloe juice directly to the gums. Aloe may be taken internally by the following method. Slice a section of the leaf and place in cold water, allowing it to remain in water 10 minutes or longer. Strain and drink water. Aloe is easily grown in tropics. They make excellent house plants, requiring little care and very little watering. A leaf, removed from the plant, may be kept for weeks. The severed end seals itself, but leaves are best kept hanging in a dry location.

We offer growing plants at \$1.00 each.



"I am so much better since I have been drinking Yerba Mate tea."—Mrs. L.E.P., Miami, Fla.

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## HOW TO PLANT BY THE MOON

This "Moon Sign Book" also is a business horoscope of the United States, your birthday reading, best days for your special purposes, your favorable days, best days to plant, etc. Price \$1.25.

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### MOSQUITO CREAM

No. 167

Mosquito Cream like Mosquito Chaser contains that insect repellent which was tested and proven by members of a construction crew living and working for months out-of-doors 22 hours a day in Canada's Laurentides National Park. This insect repellent is compounded in convenient form for those who prefer a cream type repellent. It will not spill or leak out over other luggage while traveling and still an effective repellent.

Price 50c per jar.

### MOSQUITO CHASER

No. 192

Our Mosquito Chaser contains an insect repellent which was found to be the best of 31 different insect repellents tested at Canada's Laurentides National Park by an eminent Canadian scientific society. It was tested for months by members of construction crews living out-of-doors 22 hours a day. Under these conditions it was proven to be more effective than 31 other insect repellents against mosquitoes, biting fleas, chiggers, seed ticks, black flies, buffalo gnats, sand fleas and other annoying insect pests.

Price 25c per bottle.

### DOUBLE SCREEN

A convenient combination of sun screen and insect repellent in one preparation. It's ideal for the beach, hiking, outing and camping. Its small compact bottle makes it suitable for traveling and vacationing.

It will protect you from the sun and ward off mosquitoes, biting fleas, seed ticks, black flies, buffalo gnats, eye gnats, sand fleas and other annoying insect pests.

Price 50c per 3-oz. bottle.

### COOTIE OIL

No. 154

A cooling odoriferous oil which will assist in eradicating body lice and other pests.

Price 25c.

## RED STAR MOTH CHASER

No. 193

Kills moths—protects clothing. Gives sure protection because it gives off deadly moth-killing gas; gradually it kills all forms of moth life—leaves no after odors—cannot stain—just kills moths.

Have it in garment bags or closed small area clothes closets; it will protect your precious fur coats and your finest of woollens. You can rest assured of perpetual day and night protection with RED STAR MOTH CHASER. It will pay for itself many times—in moth-proof cold storage costs.

Price 25c per jar.

## POISON IVY

This annoying ailment causes no little discomfort and trouble to a great many, particularly where the condition is not given prompt treatment at its first appearance.

Apply Poison Ivy Absorbent Powder to the afflicted parts as thickly as possible—and bandage. This absorbs the poison and in most cases relief is obtained overnight. Where the condition has had a chance to spread, apply Ironite or Poison Ivy Lotion. These should not be necessary if the Poison Ivy Absorbent is used in time.

## POISON IVY ABSORBENT POWDER

No. 757

This is a cooling absorbent powder and if used in time it absorbs the moisture of the afflicted parts and they feel relieved of the terrible itching.

Price 50c.

## POISON IVY LOTION

No. 146

Science has an excellent treatment for relieving the itch of ivy, oak and sumac poisoning. It's gentle and safe for all external surfaces.

Price 25c per bottle.

"Sonora Tablets are wonderful for anyone who cannot take strong medicine for the bowels. They do not cramp or cause you to be upset in any way."—Writes Mrs. C.L., Spring, Tex.

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"Your Sonora Tablets are a great medicine. My mother is eighty years old and she wouldn't be without them. They work wonders for her. She has been very sick at times, and they have fixed her up every time."—Writes Mr. G.I.G., Union City, N.J.

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"Sonora is a wonderful tonic. Am sending for my third box. It has put me back on my feet."—Writes Mrs. L.C., Binghamton, N.Y.

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## SONORA

Sonora is a valuable aid to digestion and elimination. One of the most important constituents of this compound is the South American Paraguay Tea or Maté that grows and is gathered in enormous quantities in the jungles along the streams in Paraguay. Maté is very extensively used as a favorite national beverage of a balsamic odor and pleasant taste, under the name of "Cha Maté" among the South American nations of the interior and Argentina. Maté has been known for generations as a stimulant of agreeable aromatic flavor and a pleasant corroborant effect upon the digestive organs. The formula contains also other well known and reliable botanicals such as:

**ALFALFA**—Contains valuable ingredients and organic minerals.

**DAMIANA**—is a mild diuretic, stimulant.

**YERBA SANTA**—a bitter tonic, alterative and expectorant.

**CALAMUS**—an old favorite stomachic, carminative, bitter tonic and aromatic.

**YELLOW DOCK**—an astringent and laxative, and an organic source of iron.

**BOLDO LEAVES**—has diuretic properties.

**GENTIAN**—the renowned bitter tonic.

And many other carminatives and aromatics.

Sonora is a very pleasant, well compounded, bitter tonic, indicated in loss of appetite, a corrective and mild stimulant to impaired activity of the alimentary system. It will often relieve headaches, flatulence, biliousness due to inactive bowels and simple stomach discomfort.

Sonora's effects are gradual—a trial will convince you. Herb tea, \$1.00 per box. Tablets, 50c per box.

# YERBA MATE

## Exotic Tea of South America

South American Indians discovered this "Miracle" herb to give them strength and endurance.

Early Spanish explorers quickly adopted its use in order to conquer Indians with their own weapon. Used for centuries by settlers, natives and gauchos of the Pampas. From South America travelers carried and spread the use of this tea over the world. Many prefer "Yerba Mate" to tea or coffee. Yerba Mate is more stimulating than tea or coffee, and contains much less tannin than either beverage. Yerba Mate contains more chlorophyll than green or black tea.

Authorities say that Yerba Mate tea produces mental exhilaration, bodily comfort and refreshment, with no subsequent organic or physical destruction. It is a first class stimulant for the muscles, nerves and brain. It facilitates digestion without affecting the heart or disturbing sleep. Because of its soothing effect upon the nerves, Yerba Mate tea is invaluable to those suffering physical or mental strain.

Try using Yerba Mate in a Reducing Diet. Yerba Mate tea has properties that lessen the sense of hunger, without fattening elements. Most doctors agree that the safest way to reduce is to eat fewer calories than the body consumes.

Under stress and strain, Yerba Mate may be used temporarily as a substitute for solid foods, which often cause harmful dyspepsia under these conditions.

Yerba Mate is prepared like chinese tea. It may be served hot or iced. Many prefer honey to sweeten. It may be flavored with lemon or a dash of cinnamon if desired.

Sold in 35c and \$1.25 size boxes.

"I've been drinking Yerba Mate for three months, and it is wonderful. I was unable to do my housework and take care of my baby, but now thanks to Yerba Mate am feeling fine and enjoy doing my work once more."—Mrs. C.H.S., Troy, N.Y.

"Your Yerba Mate has done wonders for me. Was so dizzy and now I am much better. Have taken nearly all of one package. Rush this order for additional package, as I don't want to run out."—Mrs. L.M., DeWitt, Ark.

"That Yerba Mate has pushed coffee entirely out of my appetite—something nothing else could do—and it gives me better digestion. My wife has fallen for the drink and now does her own washing. Thanks."—Mr. H.J.V., Phoenix, Ariz.

"Your Yerba Mate helps one to get around, and is all that you say for it."—Mrs. W.E.H., New York City, N.Y.



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# PARCEL POST RATES

## (As of Oct. 1, 1951)

	ZONES 1-2	ZONE 3	ZONE 4	ZONE 5
Shipping Weight	Not over 150 miles	151 to 300 miles	301 to 600 miles	601 to 1000 miles
1 lb.	17c	17c	19c	21c
2 lbs.	20c	21c	24c	28c
3 lbs.	22c	24c	29c	35c
4 lbs.	25c	28c	34c	42c
5 lbs.	27c	31c	38c	48c

	ZONE 6	ZONE 7	ZONE 8
Shipping Weight	1001 to 1400 miles	1401 to 1800 miles	Over 1800 miles
1 lb.	23c	25c	27c
2 lbs.	33c	37c	41c
3 lbs.	42c	48c	55c
4 lbs.	51c	60c	69c
5 lbs.	60c	71c	83c

SMALL PACKAGES: 3c for 3 oz., and 1c for each additional ounce up to 8 oz. The Post Office department charges 1 full pound for over 8 oz.

APPROXIMATE WEIGHTS (includes wrapping and packing materials): Of single items—35c box of herbs—3 oz. \$1.00 or \$1.50 size—8 oz. 1 jar of Cream—1 lb. 6 oz. liquid bottle—2 lbs.

CANADA—14c per lb. ALASKA, HAWAII, CANAL ZONE same as ZONE 8.

We will not fill C.O.D. orders for less than \$2.00. No liquids will be sent C.O.D. 10% deposit required on orders up to \$3.00. 20% deposit on orders over \$3.00

Send all orders direct to Indiana Botanic Gardens, P. O. Box 5, Hammond, Ind. You can then be sure to receive strictly pure, fresh herbs.

Make money order payable to Indiana Botanic Gardens. Send P. O. Money Order whenever possible. We are not responsible for money sent by mail.

PLEASE DO NOT SEND POSTAGE  
STAMPS, AS WE USE ONLY POSTAL  
METER MACHINES

## IMPORTANT

TO AVOID UNNECESSARY DELAYS PLEASE  
PRINT YOUR NAME, ADDRESS AND WRITE  
LEGIBLY.



# ATTENTION

While the ingredients of the recipes given in this booklet are bland and may be used freely in incipient cases of minor ailments, where foods and liquids are not prohibited, it is advisable to consult an experienced dietitian or specialist in any serious ailment.

It has long been known that when a cure is effected in any ailment it is due to our own inherent power of recuperation and repair. The most important part of medicine in the scheme of recuperation lies in the therapeutic value of the medicine, i. e., the antispasmodic, diaphoretic, laxative, etc., action of the drug.

The one big factor in favor of botanicals is that they are a natural agent and comparatively harmless in ordinary dose, which is far more than can be said of most chemicals.

In giving the therapeutic value of botanicals in these pages, it should be understood that the classification and the properties given were derived from such sources as the U. S. Dispensatory and innumerable books on Materia Medica as well as the individual experiments of generations of herbalists and therefore as a guide to the afflicted they are more empiric than scientific and worthy of greater study along scientific lines.

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**We sell no dangerous botanicals or drugs.**

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**Send all orders direct to Indiana Botanic Gardens, P. O. Box 5, Hammond, Ind. You can then be sure to receive strictly pure, fresh herbs.**

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**See inside back cover page for particulars HOW TO ORDER.**